

Recreation Schedule 2023/2024

50 minute classes = \$190 + GST & SF/Session

80 minute classes = \$254 + GST & SF/Session

***Schedule is subject to change. Please refer to the online registration system for most up-to-date availability!**

	Class Session 1 (Sept/Oct)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Sept 11 - Oct 30	Sept 5 - Oct 24	Sept 6 - Oct 25	Sept 7 - Oct 26	Sept 8 - Oct 27	Sept 9 - Oct 28
Supers Programs (2-5 years)	Supers & Sidekicks	10:00 - 10:50		10:00 - 10:50	10:00 - 10:50		9:30 - 10:20
	PARENTED 2-3yrs						10:30 - 11:20
	SuperTOTS		10:00 - 10:50	10:00 - 10:50	11:00 - 11:50	10:00 - 10:50	9:15 - 10:05
	SEMI-PARENTED* 3-4yrs	11:00 - 11:50	11:00 - 11:50	11:00 - 11:50	1:00 - 1:50	11:00 - 11:50	10:15 - 11:05
	*caregiver should remain onsite			2:00 - 2:50	2:00 - 2:50	6:15 - 7:05	11:15 - 12:05
	SuperKIDS	10:00 - 10:50	10:00 - 10:50	11:00 - 11:50		10:00 - 10:50	8:30 - 9:20
	UNPARENTED	11:00 - 11:50	11:00 - 11:50	1:00 - 1:50	1:00 - 1:50	11:00 - 11:50	9:15 - 10:05
	4-5yrs <i>no experience required</i>	1:30 - 2:20 4:15 - 5:05 6:15 - 7:05	5:15 - 6:05	2:00 - 2:50 5:45 - 6:35	2:00 - 2:50 4:30 - 5:20 6:30 - 7:20	1:00 - 1:50 4:15 - 5:05 6:45 - 7:35	10:15 - 11:05 11:15 - 12:05 12:45 - 1:35 1:45 - 2:35
	SuperHEROES		1:00 - 2:20		9:30 - 10:50	1:00 - 2:20	11:30 - 12:50
	5-7yrs <i>Advanced</i>		4:30 - 5:50				
Gymnastics Beginner-Advanced Programs	Gymnastics Badges 1 & 2	4:15 - 5:05 5:15 - 6:05 6:15 - 7:05	4:15 - 5:05	4:15 - 5:05 6:15 - 6:05	3:00 - 3:50 4:30 - 5:20 5:00 - 5:50	4:15 - 5:05	8:30 - 9:20 9:00 - 9:50 10:00 - 10:50 10:30 - 11:20 12:45 - 1:35 1:45 - 2:35 2:45 - 3:35
	<i>no experience required</i>				6:00 - 6:50		
	Gymnastics Badges 3 & 4	4:15 - 5:05 5:15 - 6:05	4:15 - 5:05 6:15 - 7:05	4:15 - 5:05 5:15 - 6:05 7:15 - 8:05	3:00 - 3:50 4:00 - 4:50 5:30 - 6:20	4:15 - 5:05 5:15 - 6:05	9:00 - 10:00 10:00 - 11:00 12:45 - 1:35 1:45 - 2:35
	Boys ONLY (Badges 1-4)			5:15 - 6:05			
	6yrs+ <i>no experience required</i>						
	Gymnastics (Badges 1-4)	7:15 - 8:05	7:15 - 8:05		7:30 - 8:20	6:45 - 7:35	2:45 - 3:35
	9yrs+ <i>no experience required</i>						
	HomeSchool Classes		1:00 - 2:20				
	6yrs+ <i>no experience required</i>				1:00 - 1:50 2:00 - 2:50		
	CanGYM (Badges 5+)	5:15 - 6:35	5:15 - 6:35	4:15 - 5:35 6:45 - 8:05	3:00 - 4:20 5:30 - 6:50	5:15 - 6:35	11:00 - 12:20
	All Apparatus 7yrs+ <i>MUST have Badge 4</i>						
	CanGYM Adv (Badges 7+)	7:00 - 8:20			7:00 - 8:20		
	8yrs+ <i>MUST have Badge 6</i>						
	CanJUMP	7:00 - 8:20	6:45 - 8:05		7:00 - 8:20	5:15 - 6:35	
Trampoline & Tumbling 8yrs+ <i>MUST have Badge 4</i>						11:00 - 12:20	
CanJUMP Adv.			7:15 - 8:35				
8yrs+ <i>MUST have Level 555</i>							
GymFIT Programs	Teen GymFIT		7:30 - 8:50				
	12yrs+ <i>no experience required</i>						
	Adult GymFIT		7:30 - 8:50				
All Apparatus 18yrs+ <i>no experience required</i>							

*Phoenix Gymnastics reserves the right to combine and cancel classes as necessary.

Alberta Gymnastics Federation (AGF) \$59 Participant Membership fee is valid July 1, 2023 - June 30, 2024

FOR MORE INFORMATION OR TO REGISTER ONLINE VISIT www.phoenixgym.ca OR CONTACT US AT (780) 438-0586.