

Fall/Winter Schedule

SEPTEMBER 15TH* -

APRIL 26TH

(No Classes Stat Holidays, Halloween,
Christmas & Spring Break, Easter Wknd)

* Registration opens June 15th, 2024



PRE-COMPETITIVE GYMNASTICS

By invite only, the Precompetitive program is for gymnasts interested in joining the competitive stream, giving families and gymnasts an introduction to the commitment and dedication required in the competitive program, without the obligation of competitions.

PRECOMP MINI GIRLS • 4-6 yrs • 90 min/class

x1/wk - Monday 5pm

x1/wk - Sunday 3:30pm

x2/wk - Monday & Wednesday 5pm

PRECOMP MINI BOYS • 5-7 yrs • 90 min/class

x1/wk - Wednesday 5pm

x1/wk - Sunday 3:30pm

x2/wk - Monday & Wednesday 5pm

PRECOMP MIGHTY GIRLS • 7-11 yrs • 120 min/class

x2/wk - Monday 6:45pm & Friday 5pm

x2/wk - Sunday 3:30pm & Tuesday 7pm

PRECOMP MIGHTY BOYS • 7-11 yrs • 120 min/class

x2/wk - Monday & Wednesday 5pm

**Pre-Comp Mini has a once or twice per week option. Mighty is a twice per week program.

Are you interested in our Pre-Competitive or Competitive program, but need an invite? Go to our website, under the "Register" tab, and book an assessment.

ASSESSMENT DATES:

Tuesday Aug 27th 5pm

Wednesday Aug 28th 8pm

*Must register and pay in advance.

COMPETITIVE GYMNASTICS

By invite only, the competitive program is for gymnasts who have demonstrated the commitment and the skills required to compete. Our program follows the Canadian Competition Program (CCP) for both men's and women's gymnastics. This program requires multiple practices per week and for athletes to compete at a variety of local/provincial competitions throughout the season. (CCP women, P1 men)

CCP 2 STARS • 6 hrs/wk

x2/wk: Sun 12-3:30pm & Wed 6:30-9pm

CCP 2 DIAMONDS • 6 hrs/wk

x2/wk: Mon 6:30-9pm & Fri 5-8:30pm

CCP 3 • Option of 6 or 9 hrs/wk

x2/wk: Wed 6:30-9pm & Fri 5:30-9pm

x3/wk: Sun 12-3pm, Wed 6:30-9pm & Fri 5:30-9pm

CCP 4 • 9 hrs/wk

x3/wk: Sun 12-3pm, Mon 6-9pm & Wed 6-9pm

CCP 5 • Option of 9 or 12 hrs/wk

x3/wk: Mon 6-9pm, Wed 6-9pm & Fri 5-8pm

x4/wk: Sun 12-3pm, Mon 6-9pm, Wed 6-9pm & Fri 5-8pm

CCP 6 • 14 hrs/wk

x4/wk: Sun 12-4pm, Mon 6-9pm, Wed 6-9pm & Fri 5-9pm

P1/P1+ • 6 or 9hrs/wk

x2/wk: Sun 12-3pm, Wed 5-8pm

x3/wk: Sun 12-3pm, Mon 5-8pm & Wed 5-8pm

***Competitive Start Date is September 8th, 2024**

Schedule may be subject to change

(Last update 05/21/24)

IF NEW TO OUR CLUB, PLEASE CONTACT US FOR COMPETITIVE PROGRAMMING PRICING