

Preschool Programs

Parent & Tot - Drop In

Parent participation required
50 min class
preregistration is not required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 10:00 11:00	

Kanga & Roo

Ages: walking to 2
30 min class
Parent participation required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:00

Tumbling Tiggers

Ages: 2
30 min class
Parent participation required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30	9:30	9:30	9:30		9:30

Leaping Lemurs

Ages: 3-4
45 min class
Parent participation (if needed)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		12:30	10:15			

Mini Monkeys

Ages: 3-4
45 min class
ratio 5:1
KG1-KG6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00	10:15	9:30	11:15	9:30		10:15
3:00	11:15	10:15	12:30	10:15		11:15
4:15	12:30	11:15	1:30	11:15		12:30
5:15	1:30	12:30	3:30	12:30		1:30
6:15		1:30	4:30	1:30		2:30
			5:15			3:15
			5:30			

CanGym Advanced

Ages: 7-12

120 min class

ratio 8:1

Badge Levels: Orange, Yellow
Green and Gold or by invite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00			5:30			10:00 12:30

Boys-Boys-Boys

Please note the age categories

Ages: 7-9

2:00

10:00

Ages: 10-14

3:15

11:15

75 min class

ratio 8:1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00						10:00
3:15						11:15

Specialty and Adult Programs**Tumble for Cheer - Level 1**

*Please note the age categories

Ages: 6-8

3:00

1:30

Ages: 9-12

4:00

3:00

60 min class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00						1:30
4:00						3:00

Tumble for Cheer -Level 2

Ages: 9+

ratio 6:1

60 min class

*Prerequisite - must have
tumbling backhandspring

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15						

Teen Gym

Ages: 13-17
 ratio 8:1
 75 min class
 All badge levels

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15						

CanJump Trampoline (60 min class)

*Please note the age categories

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30			3:30			1:00
7:30			4:30			2:00

Adult Fitness

Ages: 18+
 45-50 min class
 Drop-In
 preregistration is not required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		11:15	10:15	11:15		

Bones in Balance

45-50 min class
 Drop-In
 preregistration is not required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:15		10:15		