

# WINTER 2021

(JANUARY 4 - MARCH 27)

SAVE MY SPOT: **NOVEMBER 16 - 23**

(RESERVED FOR THOSE IN THE FALL 2020 SESSION WHO WANT THE EXACT SAME CLASS, DAY AND TIME FOR WINTER 2021)

**PRIORITY REGISTRATION - TUESDAY, NOVEMBER 24 AT 7:00PM**

(RESERVED FOR THOSE WHO HOLD A CURRENT MEMBERSHIP)

**GENERAL REGISTRATION - TUESDAY, DECEMBER 1 AT 7:00PM**

(FOR THOSE NEW TO OUR FACILITY AND THOSE WITH AN EXPIRED MEMBERSHIP)

| PROGRAM   | PRICE   | MONDAY<br>(11 WEEKS - PRICING WILL BE PRORATED)           | TUESDAY<br>(12 WEEKS)                       | WEDNESDAY<br>(12 WEEKS) | THURSDAY<br>(12 WEEKS)  | FRIDAY<br>(12 WEEKS) | SATURDAY<br>(12 WEEKS) |
|---|---|---|---|-------------------------|---|----------------------|------------------------|
| <b>GYM 360</b>  |   |   |   |                         |   |                      |                        |
| <b>PRE-GYM360</b><br>CLASS LENGTH: 1.25 HOURS/EVENINGS & WEEKENDS<br>CO-ED, AGES 5-6  | \$345   | 5:00PM  | 5:00PM<br>6:45PM                            | 5:00PM<br>6:45PM        | 5:00PM<br>6:45PM  | 3:15PM<br>5:00PM     | 11:30AM<br>1:15PM      |
| <b>GYM360 LEVEL 1</b><br>CLASS LENGTH: 1.25 HOURS/EVENING & WEEKENDS<br>CO-ED, AGES 6+<br>CANGYM EQUIVALENT: BURGUNDY/RED   | \$345   | 6:45PM  | 5:00PM                                      | 5:00PM<br>6:45PM        | 5:00PM<br>6:45PM  | 3:15PM<br>5:00PM     | 11:30AM<br>1:15PM      |
| <b>GYM360 LEVELS 2 &amp; 3</b><br>CLASS LENGTH: 1.25 HOURS<br>CO-ED, AGES 6+<br>PRE-REQ: GYM360 LEVEL 1 OR 8 YEARS OLD<br>CANGYM EQUIVALENT: TAN/BRONZE   | \$345   | 5:00PM<br>6:45PM  | 5:00PM                                      | 5:00PM<br>6:45PM        | 5:00PM<br>(2 CLASSES)<br>6:45PM   | 3:15PM<br>5:00PM     | 11:30AM<br>1:15PM      |
| <b>GYM360 LEVELS 4 &amp; 5</b><br>CLASS LENGTH: 1.25 HOURS<br>CO-ED, AGES 6+<br>PRE-REQ: GYM360 LEVEL 3<br>CANGYM EQUIVALENT: PURPLE/BLUE   | \$345   | 5:00PM<br>6:45PM  | 6:45PM                                      | 6:45PM                  | 6:45PM  | 5:00PM               | 11:30AM<br>1:15PM      |
| <b>GYM360 LEVELS 6 &amp; 7</b><br>CLASS LENGTH: 1.25 HOURS<br>CO-ED, AGES 7+<br>PRE-REQ: GYM360 LEVEL 5<br>CANGYM EQUIVALENT: TURQUOISE/SILVER  | \$345   | 5:00PM  | 6:45PM                                      | X                       | 5:00PM<br>6:45PM  | X                    | 11:30AM                |
| <b>ADVANCED GYM360 LEVELS 8, 9, 10 &amp; BEYOND</b><br>CLASS LENGTH: 1.25 HOURS<br>CO-ED, AGES 8+<br>PRE-REQ: GYM360 LEVEL 7 OR COMPETITIVE EXPERIENCE<br>CANGYM EQUIVALENT: ORANGE/YELLOW/GREEN/GOLD   | \$345   | 6:45PM  | X   | X                       | X   | X                    | X                      |
| <b>SPECIALTY</b>  |   |   |   |                         |   |                      |                        |
| <b>INTRO TO GYMNASTICS, AGES 8-10</b><br>AGES 8-10<br>CLASS LENGTH: 1.25 HOURS<br>PRE-REQ: NO EXPERIENCE REQUIRED   | \$345   | X   | X   | 5:00PM                  | X   | X                    | X                      |
| <b>TEEN GYM</b><br>CLASS LENGTH: 1.25 HOURS<br>AGES 10-16<br>NO GYMNASTICS EXPERIENCE REQUIRED  | \$345   | 6:45PM  | X   | X                       | X   | X                    | X                      |
| <b>ACRO AND TUMBLING FOR DANCE AND CHEER</b><br>CLASS LENGTH: 1.25 HOURS<br>CO-ED, AGES 6+<br>BEGINNER: BRIDGE AND CARTWHEEL MASTERED<br>INT/ADV: ROUNDOFF MASTERED, READY FOR AERIALS AND BACK HANDSPRINGS   | \$345   | X   | 5:00PM<br>(BEGINNER)<br>6:45PM<br>(INT/ADV) | X                       | X   | X                    | X                      |
| <b>TRAMPOLINE AND TUMBLING</b><br>CLASS LENGTH: 1.25 HOURS<br>CO-ED, AGES 7+  | \$345   | 5:00PM<br>(ALL LEVELS)                                    | X   | X                       | X   | X                    | X                      |
| <b>PARKOUR GYMNASTICS</b><br>CLASS LENGTH: 1.25 HOURS<br>CO-ED, AGES 8+<br>BEGINNER: FOR ANYONE!!<br>INT/ADV: MASTERED KONG, HANDSTAND AND LONG SWING   | \$345   | X   | 5:00PM<br>(BEGINNER)<br>6:45PM<br>(INT/ADV) | X                       | X   | X                    | X                      |
| <b>ADULT GYMNASTICS/FITNESS (AGES 16+)</b>  |   |   |   |                         |   |                      |                        |
| <b>ADULT GYMNASTICS</b><br>CLASS LENGTH: 1.25 HOURS<br>ALL LEVELS: FOR ANYONE!!<br>INT/ADV: MASTERED THE BASICS AND READY FOR MORE CHALLENGING SKILLS AND COMBINATIONS  | \$345   | X   | X   | 6:45PM<br>(ALL LEVELS)  | X   | X                    | X                      |
| <b>GYMSANITY</b><br>CARDIO AND FULL BODY BLAST!<br>CLASS LENGTH: 1 HOUR   | *COMING BACK SOON*                              | X   | X   | X                       | X   | X                    | X                      |
| <b>ADULT DROP IN</b><br>(18+)<br>1 HOUR<br>*REGISTRATION ONLINE*<br>PLEASE NOTE: ALL DROP IN PARTICIPANTS MUST SIGN A WAIVER  | SINGLE - \$12<br>10 PASS - \$110<br>(GST INCL.) | X   | X   | 8:30PM-9:30PM           | X   | X                    | X                      |
| PLEASE NOTE THAT ALL CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION BASED ON ENROLLMENT AND COACH AVAILABILITY.<br>*PRICING INCLUDES ALL ONLINE PAYMENT PROCESSING FEES, BUT DOES NOT INCLUDE GST (UNLESS INDICATED OTHERWISE) OR COST OF ANNUAL GOLD MEDAL MEMBERSHIP |   |   |   |                         |   |                      |                        |
| <b>WINTER 2021 - START DATES:</b><br>MONDAY, JANUARY 4<br>TUESDAY, JANUARY 5<br>WEDNESDAY, JANUARY 6<br>THURSDAY, JANUARY 7<br>FRIDAY, JANUARY 8<br>SATURDAY, JANUARY 9   |   | <b>NO CLASSES:</b><br>MONDAY, FEBRUARY 15<br>(FAMILY DAY) |   |                         | <b>WINTER 2021 - END DATES:</b><br>MONDAY, MARCH 22<br>TUESDAY, MARCH 23<br>WEDNESDAY, MARCH 24<br>THURSDAY, MARCH 25<br>FRIDAY, MARCH 26<br>SATURDAY, MARCH 27 |                      |                        |