



SPRING 2025 - 8 weeks

RECREATIONAL SCHEDULE  
 GYMTASTIKS OF MOOSE JAW  
 Unit 2 - 24 Chester Road, Moose Jaw Sk  
 (306) 692-2303

Monday Apr 28-June 23 **NO CLASS MAY 19**  
 Tuesday Apr 29-Jun 17  
 Wednesday Apr 30-June 18  
 Thursday May 1-June 19  
 Friday May 2-June 20  
 Saturday May 3-June 21

**REGISTRATION OPENS ON LINE:  
 MARCH 31ST, 2025**

www.gymtastiks.com office@gymtastiks.com

If you are utilizing Kidsport or Jumpstart - you must call the office to register.

**Mandatory \$48.00 Annual (September 1, 2024 to August 31, 2025) Gym Sask/Gym Canada Fee Applies to all new registrants (NON REFUNDABLE)**

**Mandatory \$35.00 Fund Raising Commitment with Fellingings Meats required per child.**

**NO REFUNDS AFTER 2ND WEEK OF CLASSES**

| <b>PARENT &amp; TOT</b>  | <b>Age/Cost</b>                         | <b>Sunday</b> | <b>Monday</b>  | <b>Tuesday</b>                         | <b>Wednesday</b> | <b>Thursday</b>          | <b>Friday</b>   | <b>Saturday</b> |
|--|---|---------------|----------------|--|------------------|--------------------------|-----------------|-----------------|
| <b>BUTTERFLIES</b><br>Exploring sights, sounds and colors<br>Parent Assisted   | \$95.00<br>2 years<br>30 minutes        |               |                | 5:00-5:30                              |                  | 9:30-10:00<br>5:20-5:50  |                 | 9:10-9:40       |
| <b>PRE-SCHOOL</b>  | <b>Age/Cost</b>                         | <b>Sunday</b> | <b>Monday</b>  | <b>Tuesday</b>                         | <b>Wednesday</b> | <b>Thursday</b>          | <b>Friday</b>   | <b>Saturday</b> |
| <b>FIREFLIES</b><br>Skill building and preparation for independent learning.   | \$105.00<br>3 years<br>30 minutes       |               |                | 5:35-6:05                              | 5:10-5:40        | 10:05-10:35              |                 | 9:50-10:20      |
| <b>FRUITFLIES</b><br>Introduction to independence. Parents watch from the viewing area   | \$130.00<br>4 years<br>45 minutes       |               |                | 5:10-5:55                              |                  | 10:40-11:25<br>5:10-5:55 |                 | 9:00-9:45       |
| <b>DRAGONFLIES</b><br>Preparation for Can-Gym Program  | \$150.00<br>5 years<br>1 hour           |               |                |  | 5:00-6:00        |                          |                 | 11:00-12:00     |
| <b>RECREATIONAL</b>  | <b>Age/Cost</b>                         | <b>Sunday</b> | <b>Monday</b>  | <b>Tuesday</b>                         | <b>Wednesday</b> | <b>Thursday</b>          | <b>Friday</b>   | <b>Saturday</b> |
| <b>INTRO (LEVEL 1 &amp; 2 ONLY)</b><br>Introduction to fundamentals, positions and safety  | \$160.00<br>6+ yrs<br>1 hour            |               |                | 5:15-6:15<br>6:30-7:30<br>8+ years old |                  | 5:00-6:00                |                 | 9:55-10:55      |
| <b>BEGINNER (LEVEL 3 &amp; 4)</b><br>Must have completed Level 2   | \$175.00<br>6+ yrs<br>1 1/4 hour        |               |                | 6:05-7:20                              |                  | 6:10-7:25                |                 |                 |
| <b>INTERMEDIATE (LEVEL 5 &amp; 6)</b><br>Must have completed Level 4   | \$190.00<br>6+ years<br>1 1/2 hour      |               |                |  | 6:10-7:40        |                          |                 |                 |
| <b>ADVANCED (Level 7+)</b><br>Must have completed Level 6  | \$200.00<br>8+ years<br>1 3/4 hours     |               | 6:05-7:50      |  |                  |                          |                 |                 |
| <b>SPECIALITY</b>  | <b>Age/Cost</b>                         | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b>                       | <b>Thursday</b>  | <b>Friday</b>            | <b>Saturday</b> |                 |
| <b>Intermediate Tumbling</b><br>Prerequisite skills: cartwheel, round-off, bridge<br><i>Work on your Cheer &amp; Acro or Advance your gymnastics</i>   | \$140.00<br>6+ years<br>1 hour          |               |                |  |                  | 6:50-7:50                |                 |                 |
| <b>Advanced Tumbling</b><br>Prerequisite skills: round off, back handspring, back tuck, aerial<br><i>Work on your Cheer &amp; Acro or Advance your gymnastics</i>  | \$230.00<br>8+ years<br>1 1/2 hour      |               |                |  |                  |                          | 12:30-2:00      |                 |
| <b>Trampoline</b><br>Learn basic Tumbling skills, Double Mini Trampoline skills & Trampoline skills (on a white competitive tramp bed) in a recreational environment   | \$145.00<br>7+ years old<br>1 hour      | 5:00-6:00     |                |  |                  |                          |                 |                 |
| <b>Teen &amp; Tween Gymnastics</b><br>This teen gymnastics class is specifically designed with teens and tweens in mind. This class is a great way to find out what gymnastics is all about while having fun with friends! It is an energetic and interactive workout with a little bit of adventure. No experience necessary. | \$165.00<br>11+ years old<br>1 1/2 hour |               |                | 7:30-9:00                              |                  |                          |                 |                 |