



FALL 2023 - 12 weeks

TENTATIVE

RECREATIONAL SCHEDULE

GYMTASTIKS OF MOOSE JAW

Unit 2 - 24 Chester Road, Moose Jaw, Sk

(306) 692-2303

www.gymtastiks.com office@gymtastiks.com

Sunday	Sept 17-Dec 10	
Monday	Sept 11-Dec 4	NO CLASS OCT 9
Tuesday	Sept 12-Dec 5	NO CLASS OCT 31st
Wednesday	Sept 13-Nov 29	
Thursday	Sept 14-Nov 30	
Friday	Sept 15-Dec 1	
Saturday	Sept 16-Dec 9	NO CLASS NOV 11

**REGISTRATION OPENS ON LINE:
AUGUST 14TH, 2023**

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

NO REFUNDS AFTER 2ND WEEK OF CLASSES

Mandatory \$48.00 Annual (Sept 1, 2023 to Aug 31, 2024) Gym Sask/Gym Canada Fee Applies to all new registrants
Mandatory \$35.00 Fund Raising Commitment with Mom's Pantry required per child per session.

Cdn Tire Jump Start Applications

<https://jumpstart.canadiantire.ca>

(4-18 years)

**We offer Birthday Parties
and the price is \$145**

Kidsport Applications

<http://www.kidsportcanada.ca/saskatchewan/moose-jaw>

(5-18 Years)

PARENT & TOT	Age/Cost	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Butterflies Exploring sights, Sounds and colours Class is Adult assisted	\$135.00 2 years 30 minutes			5:00-5:30 Full		9:30-10:00 5:10 - 5:40 Full		9:10-9:40 Full
PRE-SCHOOL	Age/Cost	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fireflies Introduction to independence. Parents watch from the viewing area	\$155.00 3 years 30 minutes			5:35-6:05 Full	Full 5:10-5:40	10:05-10:35		9:50-10:20 Full
Fruitflies Independent learning. Parents watch from the viewing area	\$185.00 4 years 45 minutes			5:10-5:55 1 spot left	5:00-5:45 Full	10:40-11:25 5:35-6:20 Full		9:00-9:45
Dragonflies Preparation for Level Program Age appropriate stations & Circuits	\$215.00 5 years 1 hour				Full 5:50-6:50		5:00-6:00	10:55-11:55
Age appropriate circuits & Stations	Age/Cost	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intro (Level 1 & 2) INTRODUCTION TO FUNDAMENTALS, POSITIONS AND SAFETY. WILL RECEIVE A REPORT CARD WITH ALL SKILLS TESTED THROUGHOUT THE SESSION.	\$230.00 6+ years 1 hour			6:10-7:10 8 Years + only		5:45 - 6:45 Full	6:05-7:05 Full	9:50-10:50 Full 12:30-1:30
Beginner (Level 3 & 4) Must have completed Level 2 Will receive a report card with all skills tested throughout the session.	\$250.00 6+ years 1 1/4 hour			6:05-7:20 Full		6:25-7:40		
Intermediate (Level 5 & 6) Must have completed Level 4 Will receive a report card with all skills tested throughout the session.	\$270.00 6+ years 1 1/2 hour				5:50-7:20			
Advanced (Levels 7+) Must have completed Level 6 Time change to class	\$295.00 8 + years 1 3/4 hours		6:05-7:50 1 spot left					
SPECIALTY	Age/Cost	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor Track Learning proper running technique, learn proper jumping technique, ball throw, and relay races	\$215.00 7+ years old 1 hour							2:00-3:00
Intermediate Tumbling Prerequisite skills: cartwheel, round-off, bridge Work on your Cheer & Acro or Advance your gymnastics	\$215.00 6+ years 1 hour					6:50-7:50		
Advanced Tumbling Prerequisite skills: round off, back handspring, back tuck, aerial Work on your Cheer & Acro or Advance your gymnastics	\$275.00 8+ years 1 hour							12:45-1:45
Dryland Training Areas that will be improved: Strength, Power, Speed, Flexibility, Balance, Agility, Injury Prevention, Range of Motion, Mobility, Coordination, Rhythm, Hand Eye, Physical Literacy, Fundamental movement, Stamina, Endurance, Calisthenics, Plyometrics, Dynamic Stretching, Stability, Overall Health, Wellness, Fitness	\$215.00 7+ years old 1 hour	Please	reach	out	if	you	are	interested
Trampoline Learn basic Tumbling skills, Double Mini Trampoline skills & Trampoline skills (on a white competitive tramp bed) in a recreational environment	\$230.00 7+ years old 1 hour		5:00 - 6:00					
Rhythmic Performance Team Dance, Apparatus Manipulation, Gymnastics all combined into team based routines. Hoop, Ball, Rope, Ribbon & more. Routines to be performed out in the community at the end of the session	\$215.00 8+ years old 1 hour				7:25 - 8:25			

