



Winter 2024 - 11 weeks

TENTATIVE

**RECREATIONAL SCHEDULE**

**GYMTASTIKS OF MOOSE JAW**

Unit 2 - 24 Chester Road, Moose Jaw, Sk

(306) 692-2303

[www.gymtastiks.com](http://www.gymtastiks.com) office@gymtastiks.com

Sunday	
Monday	Jan 8-Mar 25
Tuesday	Jan 9-Mar 19
Wednesday	Jan 10-Mar 20
Thursday	Jan 11-Mar 21
Friday	Jan 12-Mar 22
Saturday	Jan 13-Mar 23

**NO CLASS FEB 19**

**REGISTRATION OPENS ON LINE:  
DECEMBER 4TH, 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 Ogies Perogies & Sipology 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)

<b>PARENT &amp; TOT</b>	Age/Cost	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Butterflies</b> Exploring sights, Sounds and colours Class is Adult assisted	\$125.00 2 years 30 minutes			5:00-5:30		9:30-10:00 5:10 - 5:40		9:10-9:40
<b>PRE-SCHOOL</b>	Age/Cost	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fireflies</b> Introduction to independence. Parents watch from the viewing area	\$145.00 3 years 30 minutes			5:35-6:05	5:10-5:40	10:05-10:35		9:50-10:20
<b>Fruitflies</b> Independent learning. Parents watch from the viewing area	\$175.00 4 years 45 minutes			5:10-5:55		5:00-5:45		9:00-9:45
<b>Dragonflies</b> Preparation for Level Program Age appropriate stations & Circuits	\$205.00 5 years 1 hour				5:50-6:50		5:00-6:00	11:00-12:00
<b>Age appropriate circuits &amp; Stations</b>	Age/Cost	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Intro (Level 1 &amp; 2)</b> Introduction to fundamentals, positions and safety. Will receive a report card with all skills tested throughout the session.	\$215.00 6+ years 1 hour			6:10-7:10 8 Years + only		5:45 - 6:45	6:05-7:05	9:55-10:55
<b>Beginner (Level 3 &amp; 4)</b> Must have completed Level 2 Will receive a report card with all skills tested throughout the session.	\$230.00 6+ years 1 1/4 hour			6:05-7:20		6:15-7:30	6:10-7:25	
<b>Intermediate (Level 5 &amp; 6)</b> Must have completed Level 4 Will receive a report card with all skills tested throughout the session.	\$250.00 6+ years 1 1/2 hour				5:50-7:20	6-7:30-comp		
<b>Advanced (Levels 7+)</b> Must have completed Level 6	\$275.00 8+ years 1 3/4 hours		6:05-7:50					
Time change to class								
<b>SPECIALTY</b>	Age/Cost	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Indoor Track</b> Learning proper running technique, learn proper jumping technique, ball throw, and relay races	\$200.00 7+ years old 1 hour							2:00-3:00
<b>Intermediate Tumbling</b> Prerequisite skills: cartwheel, round-off, bridge <b>Work on your Cheer &amp; Acro or Advance your gymnastics</b>	\$200.00 6+ years 1 hour					6:50-7:50		
<b>Advanced Tumbling</b> Prerequisite skills: round off, back handspring, back tuck, aerial <b>Work on your Cheer &amp; Acro or Advance your gymnastics</b>	\$260.00 8+ years 1 hour							12:30-1:30
<b>Teen &amp; Tween Gymnastics</b> 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.	\$235.00 11+ years old 1 1/2 hour			7:15-8:45				
<b>Trampoline</b> Learn basic Tumbling skills, Double Mini Trampoline skills & Trampoline skills (on a white competitive tramp bed) in a recreational environment	\$215.00 7+ years old 1 hour		5:00-6:00					
<b>Rhythmic Performance Team</b> Dance, Apparatus Manipulation, Gymnastics all combined into team based routines. Hoop, Ball, Rope, Ribbon and more. Routines to be performed out in the community at the end of the session	\$215.00 8+ years old 1 hour							