



2023 Session #2

Register Online!

Session 2 runs Nov 1st - Dec 23rd
 Registration starts Oct 19th or Oct 18th for current athletes
 Times and classes are subject to change

AerialsGymClub.ca

facebook.com/aerialsgym

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@AerialsGymClub.ca

780-962-5350

9 Tri Leisure Way, Spruce Grove, AB

CLASS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
DROP IN	DROP IN SIGN IN IS ONLINE!				8:00 - 9:00 \$7, over 15yrs TEEN & ADULT	11:15 - 12:15 \$7, under 5yrs TOTS	Save your spot, drop in often fills!	4:30 - 6:00 \$10 all ages FAMILY
	Every Tuesday at 9:00am drop-in registration will open for that week. Swing on the bars, balance on the beams, climb our ropes or get stuck in our foam pit! You will have a blast jumping on our trampolines, climbing on our rockwall, falling into our foam pits and climbing over our equipment! This is an unstructured, coach supervised time to explore our gym space. Children under 2 are free, but require insurance. Yearly AGF Drop in insurance is \$15 or \$55 for full recreational insurance that includes 3 free drop ins! Please save your spot, drop in often fills up!							
STARS PROGRAM AGES 1 - 5	Baby Stars parented 12-24 months 45 mins	11:30 - 12:15	9:00 - 9:45		10:30 - 11:15			
	Future Stars parented 2-3 years 1 hour	9:15 - 10:15 4:00 - 5:00	5:00 - 6:00	9:00 - 10:00	10:00 - 11:00	10:15 - 11:15	10:00 - 11:00	
	Twinkle Stars 3+ years, 1 hour Must be 3 by class start date	9:15 - 10:15 4:15 - 5:15	10:15 - 11:15	9:45 - 10:45 11:15 - 12:15		9:00 - 10:00 10:45 - 11:45	12:15 - 1:15	
	Rising Stars 4+ years, 1 hour Must be 4 by class start date	9:15 - 10:15 10:15 - 11:15 10:30 - 11:30 6:00 - 7:00	9:00 - 10:00 Boys 11:15 - 12:15	9:00 - 10:00 10:00 - 11:00 10:15 - 11:15 11:00 - 12:00 4:15 - 5:15 6:00 - 7:00	9:00 - 10:00 5:00 - 6:00	9:30 - 10:30 11:15 - 12:15	9:30 - 10:30	
	Super Stars 5 years, 1.5 hour Rising Stars pre-requisite	10:15 - 11:45	10:15 - 11:45	4:15 - 5:45 5:15 - 6:45	9:00 - 10:30	5:00 - 6:30	10:45 - 12:15	
	Super Novas 5 years, 1.5 hour Super Stars pre-requisite	5:15 - 6:45						
CAN GYM PROGRAM AGES 6+	Red 6+ years, 1 hour	5:00 - 6:00 7:00 - 8:00	4:00 - 5:00	4:30 - 5:30 5:30 - 6:30 7:00 - 8:00	4:00 - 5:00 5:00 - 6:00	5:15 - 6:15 7:15 - 8:15	9:00 - 10:00	
	Tan 6+ years, 1 hour Red prerequisite	7:30 - 8:30			6:15 - 7:15 7:15 - 8:15	6:00 - 7:00 6:45 - 7:45	10:00 - 11:00	
	Bronze Tan prerequisite 1.5 hours		6:45 - 8:15	5:30 - 7:00 6:30 - 8:00		4:00 - 5:30 6:30 - 8:00	11:15 - 12:45 12:30 - 2:00	
	Purple & Blue 8+ years, 2 hours Bronze pre-requisite	6:15 - 8:15			6:15 - 8:15		10:15 - 12:15	
	Turquoise + Blue pre-requisite, 2 hours			6:15 - 8:15				
Tumbling, 7+ years	4:15 - 5:45 Int	6:15 - 8:15 Adv	7:00 - 8:00 Beg		4:00 - 5:00 Beg			

SENIORS CAN MOVE!

Wednesday 9:00am - 10:00am

Designed to improve the agility, balance, coordination & strength of adults 65+ years of age, through games & gentle exercises.

NEW 65+



NOVEMBER 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

November Notes:
 Nov 1 - Session 2 starts
 Nov 11 - Closed

DECEMBER 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December Notes:
 Dec 13/14 - Session 3 - Registration opens
 Dec 23 - Session 2 ends
 Dec 24 - Jan 1 - No classes

COSTS FOR 2 SESSION

Class	Fundraising Required	No Fund. Required
45 Min class:	\$105	\$150
1 Hour class:	\$139	\$179
1.5 Hour class:	\$175	\$215
2 Hour class:	\$228	\$268

AGF Insurance \$55 July 1 - June 30
Fundraising \$40
 \$55 AGF insurance now comes with 3 Free Drop Ins.
 \$40 fundraising credit per family required for each recreational session.