



# 2023 Session #3

Register Online!  
AerialsGymClub.ca

Session 3 runs Jan 2<sup>nd</sup> - Feb 29<sup>th</sup>  
Registration starts Dec 14<sup>th</sup> or Dec 13<sup>th</sup> for current athletes  
Times and classes are subject to change

facebook.com/aerialsgym

instagram.com/aerialsgym

@AerialsGymClub.ca

780-962-5350

9 Tri Leisure Way, Spruce Grove, AB

CLASS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
DROPP IN	<b>DROP IN SIGN IN IS ONLINE!</b> 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!			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	
	STARS PROGRAM AGES 1 - 5	<b>Baby Stars</b> parented 12-24 months 45 mins				10:30 - 11:15		
		<b>Future Stars</b> 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 10:30 - 11:30
		<b>Twinkle Stars</b> 3+ years, 1 hour Must be 3 by class start date	4:15 - 5:15	10:15 - 11:15	11:15 - 12:15	9:15 - 10:15	9:00 - 10:00 10:45 - 11:45	
		<b>Rising Stars</b> 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 11:15 - 12:15	9:00 - 10:00 10:00 - 11:00 10:15 - 11:15 4:15 - 5:15 6:00 - 7:00	9:00 - 10:00 10:15 - 11:15 5:00 - 6:00	9:30 - 10:30 11:15 - 12:15 4:30 - 5:30	
		<b>Super Stars</b> 5 years, 1.5 hour Rising Stars pre-requisite	10:30 - 12:00	10:15 - 11:45	4:15 - 5:45	9:00 - 10:30	4:00 - 5:30	
<b>Super Novas</b> 5 years, 1.5 hour Super Stars pre-requisite		5:15 - 6:45						
CAN GYM PROGRAM AGES 6+	<b>Red</b> 6+ years, 1 hour	5:00 - 6:00 7:00 - 8:00	4:00 - 5:00 6:00 - 7:00	5:30 - 6:30 7:00 - 8:00	4:00 - 5:00 5:00 - 6:00	5:15 - 6:15 5:30 - 6:30 6:45 - 7:45	9:00 - 10:00	
	<b>Tan</b> 6+ years, 1 hour Red prerequisite	7:30 - 8:30	7:00 - 8:00		4:00 - 5:00 6:15 - 7:15 7:15 - 8:15	5:30 - 6:30 6:45 - 7:45	10:00 - 11:00	
	<b>Bronze</b> Tan prerequisite 1.5 hours		4:15 - 5:45 6:45 - 8:15	5:15 - 6:45 5:30 - 7:00 6:30 - 8:00	6:15 - 7:45	6:30 - 8:00	11:15 - 12:45 12:30 - 2:00	
	<b>Purple &amp; Blue</b> 8+ years, 2 hours Bronze pre-requisite	6:15 - 8:15			6:15 - 8:15		10:15 - 12:15	
	<b>Turquoise +</b> Blue pre-requisite, 1.5 hours		7:30 - 9:00					
<b>Tumbling, 7+ years</b>	4:15 - 5:45 <b>Int</b>	6:15 - 8:15 <b>Adv</b>	7:00 - 8:00 <b>Beg</b>	5:15 - 6:15 <b>Beg</b>				

## 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.



	9:00am - 10:00am <b>Seniors</b>		9:00 - 10:00 <b>Gymclusive</b> all ages, 1 Hour (aid or parent required)
	7:00 - 8:00 <b>Teen Beginner</b>		
7:30 - 9:00 <b>Adult</b>	11:00 - 12:00 <b>10+yrs</b> 12:30 - 1:30 <b>Teens</b> <b>Homeschool</b>		

### JANUARY 2024

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	31			

**January Notes:**  
Jan 1 - Closed  
Jan 2 - Session 3 starts

### FEBRUARY 2024

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		

**February Notes:**  
Feb 14/15 - Session 4 & Summer  
Camp Registration opens  
Feb 20-24 - Copeland Classic - No classes  
Feb 29 - Session 3 ends

### COSTS FOR SESSION 3

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** (per family per session)  
\$55 AGF insurance now comes with 3 Free Drop Ins.  
\$40 fundraising per family required for each recreational session.

