



2024 Session #4

Register Online!
AerialsGymClub.ca

Session 4 runs March 4th - April 27th
Registration starts Feb 15th or Feb 14th 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
DROP IN	DROP IN SIGN IN IS ONLINE! 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
	AGES 1 - 5				10:30 - 11:15		
STARS PROGRAM	Baby Stars parented 12-24 months 45 mins						
	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	4:15 - 5:15	9:15 - 10:15 10:15 - 11:15 10:30 - 11:30	11:15 - 12:15	9:15 - 10:15	9:00 - 10:00 10:45 - 11:45	
	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 4:00 - 5:00 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	
	Super Stars 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		
	Super Novas 5 years, 1.5 hour Super Stars pre-requisite	5:15 - 6:45	RED, TAN, PURPLE/BLUE INTENSIVE classes marked with * These classes will not run every week of the session; therefore, they are designed for those gymnasts who have only a few skills remaining to pass the level. Coaches will focus on helping athletes master those outstanding skills. Only athletes who have attempted the level several times are eligible to register in these classes.				
CAN GYM PROGRAM AGES 6+	Red 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
	Tan 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
	Bronze 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	4:00 - 5:30** 6:30 - 8:00*	11:15 - 12:45
	Purple & Blue 1.5 or 2 hours Bronze pre-requisite	6:15 - 8:15			6:15 - 8:15		10:15 - 11:45*** 10:15 - 12:15 12:30 - 2:00
	Turquoise + Blue pre-requisite, 1.5 hours		7:00 - 8:30				
Tumbling 7+ years	5:15 - 6:15 Beg 4:15 - 5:45 Int		6:15 - 8:15 Adv	7:00 - 8:00 Beg	5:15 - 6:15 Beg		
				9:00am - 10:00am Seniors <small>NEW 65+</small>			9:00 - 10:00 Gymclusive all ages, 1 Hour (aid or parent required)
				7:00 - 8:00 Teen Beginner			
		7:30 - 9:00 Adult	11:00 - 12:00 10+yrs 12:30 - 1:30 Teens Homeschool				

RED, TAN, PURPLE/BLUE INTENSIVE classes marked with *

These classes will not run every week of the session
*classes do not run on March 22 and April 5
** classes do not run on March 22, April 5 and April 26
*** classes do not run on March 23, April 6 and April 27



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



MARCH 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						

March Notes:
Mar 4 - Session 4 starts
Mar 29 - 31 - No classes - Closed

APRIL 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				

April Notes:
April 17/18 - Session 5- Registration opens
April 27 - Session 4 ends
April 29 - Session 5 starts

COSTS FOR SESSION 4

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.