



2024 Session #5

Register Online!

AerialsGymClub.ca

Session 5 runs April 29th - June 21st
 Registration starts April 18th or April 17th 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!			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		9:15 - 10:00		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	4:15 - 5:15	10:15 - 11:15	11:15 - 12:15 4:15 - 5:15	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 10:45 - 11:45 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 4:00 - 5:00 5:00 - 6:00	9:30 - 10:30 11:15 - 12:15 4:15 - 5:15	10:30 - 11:30
	Super Stars 5 years, 1.5 hour Rising Stars pre-requisite	10:30 - 12:00	9:00 - 10:30 10:15 - 11:45 5:30 - 7:00	4:15 - 5:45 5:30 - 7:00	9:00 - 10:30	5:30 - 7:00	11:45 - 1:15
	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	7:00 - 8:00 7:30 - 8:30	7:00 - 8:00		4:00 - 5:00 5:00 - 6:00	5:30 - 6:30 7:00 - 8:00	9:00 - 10:00
	Tan 6+ years, 1 hour Red prerequisite	5:00 - 6:00 7:30 - 8:30	4:00 - 5:00 5:45 - 6:45	7:00 - 8:00	6:15 - 7:15 7:15 - 8:15	5:15 - 6:15 6:45 - 7:45	10:00 - 11:00 11:45 - 12:45 Boys
	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 6:30 - 8:00	11:15 - 12:45 12:45 - 2:15 Boys
	Purple & Blue 1.5 or 2 hours Bronze pre-requisite	6:15 - 8:15	5:15 - 7:15	4:15 - 6:15	6:15 - 8:15	4:00 - 6:00 6:00 - 8:00	10:15 - 11:45 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	10:00am - 11:00am Seniors can move <small>NEW 65+</small>	7:00 - 8:00 Teen Beginner		9:00 - 10:00 Gymclubive all ages, 1 Hour (aid or parent required)



Summer Camps
 July & Aug for 8 weeks
 Registration Open!
 More camp spots will be open on April 18th!



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



MAY 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	

May Notes:
 April 29 - Session 5 starts
 May 19/20 - Closed

JUNE 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						

June Notes:
 June 21 - Session 5 ends

COSTS FOR SESSION 5		
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.		