

Fall 2008



Phone: 948-7769

Pre-School Programs

www.airdriedge.com

These fun and exciting programs for boys and girls ages 18 months to 5 years help to develop motor skills, coordination, balance, body and spatial awareness. There are five separate classes in the Pre-School Program. All classes run for 12 weeks and are offered in the morning or early afternoon. Classes begin the week of September 15 and end the week of December 3 except Monday, Tuesday and Saturday classes which finish December 8, 9 & 13 respectively. There will be no classes Oct. 11-13 for the Thanksgiving and November 11 for Remembrance Day.

Supertot 1 is for little ones 18-24 months old. This parent-assisted class moves from total exploration (no structure) to total structure.

Supertot 2 is for 2 year olds. This class is parent assisted but fully structured from its onset. It consists of a short warm-up followed by 2-3 rotations on an obstacle course like set-up.

Supertot 3 is a class just for 3 year olds. It is similar in structure to Supertot 2 but with slightly more advanced skill challenges and near the end of the session, a tendency toward independence. Although many three year olds are able to be on their own we still require a parent on the floor to assist and really challenge these little hotshots.

Kindergym is a class designed to help 4 and 5 year olds learn basic to advanced gymnastics skills while gaining self confidence and independence. Gymnasts learn at their own pace with creative warm ups and exciting obstacle courses. This is a non-parent assisted class, so we ask parents to kindly absent themselves from the floor. You are, of course, welcome to stay and watch!

Pre-School Classes		Sept. 15-Dec. 8	Sept. 16-Dec. 9	Sept. 17-Dec. 3	Sept. 18-Dec 4	Sept. 19-Dec. 5	Sept. 20-Dec. 13
SCHEDULE UPDATED SEPT. 3/08		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Supertot 1 Age: 18 mo - 24 mo (with parents) Class runs 50 min/week	\$159	1:00-1:50	9:30-10:20 (full)				
Supertot 2 Age: 2 years (with parents) Class runs 50 min/week	\$159		10:30-11:20 (Full) 1:00-1:50 (Full)	9:30-10:20 (full)	9:30-10:20 (full) 2:00-2:50		10:30-11:20 (Full) 11:30-12:20 (F)
Supertot 3 Age: 3 years (with parents) Class runs 50 min/week	\$159		2:00-2:50 (Full)	10:30-11:20(F) 1:00-1:50 2:00-2:50	10:30-11:20 Full	9:30-10:20	9:30-10:20 (full) 10:30-11:20 (full)
Kindergym Age: 4-5 years (without parents) Class runs 50 min/week	\$159		1:00-1:50 (full) 2:00-2:50 (full)	9:30-10:20 (F) 10:30-11:20 (F) 1:00-1:50 (F) 2:00-2:50 (F)	9:30-10:20(full) 10:30-11:20(F) 1:00-1:50 (F) 2:00-2:50 (F)	10:30-11:20 (full)	9:30-10:20 (Full) 11:30-12:20 (Full)
Kindercracker Age: 4-5 years (without parents) Class runs 60 min/week **By Coach Recommendation Only**	\$159	CANCELLED					

A total of \$16.65 for AGF insurance and registration is charged for the July 1, 2008 to June 30, 2009 year

Fall 2008 Recreational Programs

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Our Recreational programs are designed for after-school kids ages 6 & up. We offer both CanJump and CanGym classes. Classes begin the week of September 15 and end the week of December 3 except Monday, Tuesday and Saturday classes which finish December 8, 9 & 13 respectively. There will be no classes Oct. 11-13 for the Thanksgiving and November 11 for Remembrance Day.

The CanGym badge program was created by Gymnastics Canada and is a progressive 14 level program that is used throughout most gymnastics clubs in Canada. Here each gymnast will work on vault, uneven bars, balance beam, floor and occasionally trampoline. Classes range from 1-1.5 hours once per week to 2 hours twice per week as they advance through the various levels. Gymnasts will receive a progress report at the end of each 12 week session that will show some of what they have worked on and have learned.

Our CanJump classes are based on a 12 level program, created in Alberta, which is rapidly becoming Canada-wide. Here participants will work on Trampoline, Tumbling and Double Mini-Trampoline. Similar to the CanGym program, athletes will receive a progress report at the end of each 12 week session. CanJump classes range from 1-1.5 hours per week dependant upon level.

CANGYM (Gymnastics)	Cost	Sept. 15-Dec. 8	Sept. 16-Dec. 9	Sept. 17-Dec. 3	Sept. 18-Dec 4	Sept. 19-Dec. 5	Sept. 20-Dec. 13
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CANGYM 1 (Burgundy) Ages 6-10 beginning the Cangym Program <i>Classes run 1hr/week</i> **Classes organized by age (see brackets)**	\$159		4:00-5:00 (8-10) (Full)	4:00-5:00 (6-8) F 6:00-7:00 (6-8) F 7:00-8:00 (6-8) F	5:00-6:00 (6-8) F 6:00-7:00 (6-8) F NEW 7:00-8:00 (8-10)	2:00-3:00 (6-8) (Full)	1:00-2:00 (6-10) (Full)
CANGYM 2-3 (Red/Tan) Ages 6-10 having completed Cangym 1 <i>Classes run 1hr/week</i> **Classes organized by age (see brackets)**	\$159		5:00-6:00 (6-8) 6:00-7:00 (8-10) F	5:00-6:00 (6-8) F 7:00-8:00 (8-10) F		6:30-7:30 (6-8) (full)	
CANGYM 4-6 (Bronze/Purple/Blue) Ages 11+ without previous Cangym badges or athletes having completed Cangym 3 <i>Classes run 1.5hrs/week</i>	\$231		6:00-7:30 (Full)		6:00-7:30 (Full)	6:00-7:30 (Full)	
CANGYM 7+ (Turquoise/Silver/Orange/Yellow/ Green/Gray/White/Gold) Athletes of all ages having completed Cangym 6 <i>Classes run 2hrs twice/week</i>	\$447		4:00-6:00 (Full)		4:00-6:00 (Full)		

CANJUMP (Trampoline & Tumbling)	Cost	Sept. 15-Dec. 8	Sept. 16-Dec. 9	Sept. 17-Dec. 3	Sept. 18-Dec 4	Sept. 19-Dec. 5	Sept. 20-Dec. 13
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CANJUMP 1 Ages 6-10 beginning the Canjump Program <i>Classes run 1hr/week</i> **Classes organized by age (see brackets)**	\$159		4:00-5:00 (6-8) 5:00-6:00 (8-10)F 7:00-8:00 (8-10) F		4:00-5:00 (6-8) F NEW 4:00-5:00 (6-8) 5:00-6:00 (6-8) F	3:00-4:00 (6-8) (Full)	2:00-3:00 (6-10) (Full)
CANJUMP 2-3 Ages 6-10 having completed Canjump 1 <i>Classes run 1hr/week</i> **Classes organized by age (see brackets)**	\$159			4:30-5:30 (6-8) F 6:00-7:00 (8-10) F		5:30-6:30 (6-8)	
CANJUMP 4-6 Ages 11+ without previous Canjump badges or athletes having completed Canjump 3 <i>Classes run 1.5hrs once/week</i>	\$231			4:00-5:30 (Full)	6:00-7:30 (full)		

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