

Winter 2008



Phone: 948-7769

Pre-School Programs

www.airdrieedge.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 January 5 and end the week of March 25, except Monday classes which finish March 31. There will be no classes Feb. 16-18 (Family Day) and March 21-23 (Easter).

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 it's 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!

Updated December 17th, 2007

| Pre-School Classes | | Jan. 7- March 31 | Jan. 8- March 25 | Jan. 9- March 26 | Jan. 10-March 27 | Jan 11- March 28 | Jan. 5- March 29 |
|-------------------------------------------------------------------------------------------------------------------------------|-------|------------------|----------------------------------|----------------------------------|----------------------------------|--------------------------------------------------------------------|----------------------------------------|
| | Cost | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Supertot 1 Age: 18 mo - 24 mo (with parents) Class runs 40 min/week | \$88 | 1:10-1:50 | 9:40-10:20 | | | | |
| Supertot 2 Age: 2 years (with parents) Class runs 50 min/week | \$110 | | 10:30-11:20 FULL 2:00-2:50 | 9:30-10:20 FULL 1:00-1:50 | FULL 9:30-10:20 2:00-2:50 | | 10:30-11:20 FULL 11:30-12:20 |
| Supertot 3 Age: 3 years (with parents) Class runs 50 min/week | \$110 | | 1:00-1:50 FULL | 2:00-2:50 FULL | 10:30-11:20 FULL | 9:30-10:20 10:30-11:20 FULL | 9:30-10:20 FULL 10:30-11:20 FULL |
| Kindergym Age: 4-5 years (without parents) Class runs 50 min/week | \$110 | | 1:00-1:50 FULL 2:00-2:50 FULL | 1:00-1:50 FULL 2:00-2:50 FULL | 1:00-1:50 FULL 2:00-2:50 FULL | 9:30-10:20 Full 10:30-11:20 Full FULL 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** | \$132 | | | | 10:30-11:30 | | |

Registration fee of \$45.00 applies once per year

Winter 2008 Recreational Programs

Phone: 948-7769

Our Recreational programs are designed for after-school kids ages 6 & up. We offer both CanJump and CanGym classes. Classes begin the week of January 5 and end the week of March 25, except Monday classes which finish March 31. There will be no classes Feb. 16-18 (Family Day) and March 21-23 (Easter).

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 1.5 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 | Jan. 7- March 31 | Jan. 8- March 25 | Jan. 9- March 26 | Jan. 10-March 27 | Jan 11- March 28 | Jan. 5- March 29 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------------------|-------------------------|-------------------------|----------------------------------------------------|-----------------------------------------------------|--------------------------|
| | | 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)** | \$132 | | | | 4:00-5:00(6-8) FULL 6:00-7:00 (8-10) | 2:00-3:00 (6-10) FULL 5:00-6:00 (6-8) FULL | 2:00-3:00 (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)** | \$132 | | 6:00-7:00 (6-8) FULL | | 5:00-6:00(6-8) FULL 7:00-8:00 (6-10) FULL | 3:00-4:00 FULL | 2:00-3:00 (6-10) 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> | \$198 | | 5:30-7:00FULL | 4:00-5:30 FULL | | 3:00-4:30 FULL | |
| CANGYM 7+ (Turquoise/Silver/Orange/Yellow/ Green/Gray/White/Gold) Athletes of all ages having completed Cangym 6 <i>Classes run 1.5hrs twice/week</i> | \$297 | | 6:00-7:30 FULL | | 6:00-7:30 FULL | | |

| CANJUMP (Trampoline & Tumbling) | Cost | Jan. 7- March 31 | Jan. 8- March 25 | Jan. 9- March 26 | Jan. 10-March 27 | Jan 11- March 28 | Jan. 5- March 29 |
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| | | Monday | Tuesday | Wednesday | | Friday | Saturday |
| CANJUMP 1 Ages 6-10 beginning the Canjump Program <i>Classes run 1hr/week</i> **Classes organized by age (see brackets)** | \$132 | | 4:30-5:30(6-8) FULL | | 6:00-7:00 (8-10) | 2:00-3:00 (6-10) 4:00-5:00 (6-8) | 1:00-2:00 (6-10) |
| CANJUMP 2-3 Ages 6-10 having completed Canjump 1 <i>Classes run 1hr/week</i> **Classes organized by age (see brackets)** | \$132 | | 4:00-5:00 (6-8) FULL | | FULL 5:00-6:00 | 3:00-4:00 (6-10) 6:00-7:00 (6-8) | 1:00-2:00 (6-10) |
| CANJUMP 4-6 Ages 11+ without previous Canjump badges or athletes having completed Canjump 3 <i>Classes run 1.5hrs once/week</i> | \$198 | | 5:30-7:00 FULL | 4:00-5:30 | 4:00-5:30 | | |

Registration fee of \$45.00 applies once per year