



2023 Session #1

Register Online!
AerialsGymClub.ca

Session 1 runs Sept 5th - Oct 30th
Registration starts August 17th or August 16th 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	11:30 - 12:15	9:00 - 9:45		10:30 - 11:15		
	Future Stars parented 2-3 years 1 hour	10:45 - 11:45 4:00 - 5:00	11:15 - 12:15 5:00 - 6:00	10:45 - 11:45	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	10:15 - 11:15 4:15 - 5:15	10:15 - 11:15	9:45 - 10:45 11:15 - 12:15	4:00 - 5:00	9:00 - 10:00 10:45 - 11:45	12:15 - 1:15
	Rising Stars 4+ years, 1 hour Must be 4 by class start date	9:00 - 10:00 11:15 - 12:15 4:00 - 5:00	9:00 - 10:00 Boys	10:15 - 11:15 11:00 - 12:00 4:15 - 5:15 6:00 - 7:00	9:00 - 10:00 4:15 - 5:15	11:15 - 12:15	9:30 - 10:30
	Super Stars 5 years, 1.5 hour Rising Stars pre-requisite	9:00 - 10:30	10:15 - 11:45	9:00 - 10:30 4:15 - 5:45 5:15 - 6:45	9:00 - 10:30	9:00 - 10:30 5:00 - 6:30	10:45 - 12:15
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	5:00 - 6:00 7:00 - 8:00	4:00 - 5:00 5:00 - 6:00	7:00 - 8:00		5:15 - 6:15 7:15 - 8:15	9:00 - 10:00
	Tan 6+ years, 1 hour Red prerequisite	5:00 - 6:00	4:00 - 5:00	5:00 - 6:00 Boys	6:45 - 7:45	6:45 - 7:45	10:00 - 11:00
	Bronze Tan prerequisite 1.5 hours	6:45 - 8:15	6:15 - 7:45	5:30 - 7:00 6:45 - 8:15	5:15 - 6:45	4:00 - 5:30 6:30 - 8:00	11:15 - 12:45
	Purple & Blue 8+ years, 2 hours Bronze pre-requisite	6:00 - 8:00 6:15 - 8:15		6:15 - 8:15	5:30 - 7:30		10:15 - 12:15 Boys
Turquoise + Blue pre-requisite, 2 hours	6:15 - 8:15						
Tumbling, 7+ years	4:15 - 5:45 Int	6:15 - 8:15 Adv	7:00 - 8:00 Beg			4:00 - 5:00 Beg 5:45 - 7:15 Int	12:30 - 2:00 Int

SENIORS CAN MOVE!

NEW 65+ Tuesdays and 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 Seniors	9:00am - 10:00am Seniors	9:00am - 10:00am (Thursday mornings) NEW! Falling Stars (Adult Beginner)	9:00 - 10:00 Gymclubive all ages, 1 Hour (aid or parent required)
7:30 - 9:00 Teen Intermediate	7:00 - 8:00 Teen Beginner	For parents who want to have their own turn playing in the gym. Beginner skills are taught, no prerequisite skills needed.	
7:30 - 9:00 Adult	11:00 - 12:00 Homeschool	Priority goes to parents of athletes currently registered in one of our programs	



SEPTEMBER 2023

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

September Notes:
Sept 4 - Closed
Sept 5 - Session 1 starts
Sept 30 - National Day for Truth & Reconciliation - Closed

OCTOBER 2023

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				

October Notes:
Oct 8/9 - Closed
Oct 18/19 - **Session 2** - Registration opens
Oct 30 - Session 1 last day

COSTS FOR 1 SESSION

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