

Welcome to Our SPRING 2011 Recreational Programs!



Airdrie Edge is a not-for-profit organization dedicated to developmental, recreational and competitive gymnastics sports training.

Even a few sessions of gymnastics can have benefits to last a lifetime. It's the ultimate sport for the mind, body and super-fun!

Our youngest members can practice in **Supertots, Kindergym and Firecrackers.**

At 6 you can join up with **Cangym** gymnastics and **Canjump** trampoline and tumbling.

When you're 10, you're old enough for **Jumpgym** and **Aerial Arts.**

**Teens** can try aerials too, along with gymnastics, acrobatics, trampoline and parkour.

And **grown-ups**? Join the excitement with our **Daily Boost** and **Adult** programs.

Look for the details in this brochure.

If your group is interested in our awesome **birthday parties, special events or a customized set of classes** contact the office for more information.

**Coaches:** Airdrie Edge Gymnastics, Trampoline and Tumbling Club's coaches are trained and accredited through Canada's **National Coaching Certification Program (NCCP).**

**Find a Program According to Your Age:** Ages are calculated for this session according to how old gymnasts are **on April 10, 2011.** For drop-in programs, it's your age on the day of the drop-in.

**To Register:** Registration for Spring programs starts **online for Fall&Winter session members on Monday, March 14 and online and in-person for everyone else on Tuesday, March 15, 2011.** New members need to **contact the office to set up an account** by phone or in-person in advance of being able to register online.

Spring programs start on the week of **April 4, 2011 unless otherwise noted. Check class listings carefully to see if yours has a late start date.** All classes continue to the week of **June 20, 2011. There are 9-12 weeks of classes,** depending on the class and day you sign up for.

**No classes** on April 22(Good Friday) or May23(Easter Monday).

**Our website** and our **Rec Blog** are sources of current information.

**Questions About the Programs?** Contact our **Recreation Programs Head Coach** by email: [robyn.fox@airdrieedge.com](mailto:robyn.fox@airdrieedge.com) or by phone: 403-948-7769 ext. 224

**CONTACT US:**

We're located at 800 East Lake Blvd., Airdrie, Alberta T4A 2K9 (In the south end of Genesis Place.)

**Phone:** 403-948-7769

**Fax:** 403-912-5146

**Email:** [info@airdrieedge.com](mailto:info@airdrieedge.com)

**Website:** [www.airdrieedge.com](http://www.airdrieedge.com)

**Rec Blog:** [airdrieedge.wordpress.com](http://airdrieedge.wordpress.com)

**Office Hours:**

Mon & Tues	9am-8pm
Wed & Thurs	9am-4pm, 6pm-8pm
Fri	9am-4pm, 5pm-8pm
Sat	9am-3:30pm

# Toddlers to Fives: Supertots and Kindergym!



**Ages 1-5: Supertots:** Your little one participates with you in this fun and sometimes silly parent-assisted instructor-led class. The world of gymnastics is yours to explore. 50 minute class. Once per week.

**Supertot 1 (ages 1-2):** Tue(12 weeks): 9:30am, Thu(12 weeks): 9:30am

**Supertot 2 (ages 2-3):** Mon(11 weeks): 10:15am, Tue(12 weeks): 10:30am, 5:30pm, Wed(12 weeks): 9:15am, Thu(12 weeks): 10:30am, Fri(11 weeks): 9:30am, Sat(12 weeks): 9:30, 10:30am

**Supertot 3 (ages 3-5):** Mon(11 weeks): 10:15am, Tue(12 weeks): 11:30am, 1:00, 6:30pm, Thu(12 weeks): 10:30am, Fri(11 weeks): 11:30am, Sat(12 weeks): 10:30am, 11:30, 12:30

**Toddlers to Threes: Supertot Playdate:** Think of the gym as a big playground for your Supertot! Free-time with mom or dad. Little ones can play, make friends, hop and swing with freedom. A Playdate Advisor is on hand to keep it safe and to offer gymnastics tips. 1 hour. Once per week. Drop-in participation. No minimum age. (The ability to get around independently is recommended.) Thu(12 weeks): 11:30am



**Ages 4-5: Kindergym:** Children attend these classes on their own. Skills, imaginative activities and tricky challenges inspire the little ones to go faster, higher and stronger! The hour is gone before they know it. You, of course, are welcome to stay and watch. Smiles and healthy lifestyles: this is where it starts. 1 hour classes.

**Monday (11 weeks):** 9:15am, 12:15, 1:15pm

**Tuesday (12 weeks):** 9:30am, 10:30, 11:30, 1:00, 4:00pm

**Wednesday (12 weeks)** 1:30pm, 2:30pm

**Thursday (12 weeks):** 9:30am, 12:30\*, 1:30pm

\*An adult class "Daily Boost" class is offered at the same time.

**Friday (11 weeks):** 10:30am

**Saturday (12 weeks):** 9:30am, 10:30, 11:30am

**Firecrackers:** (For Kindergym students who have been recommended by their coach.)

**Mon(11 weeks):** 9:15am, **Tue(12 weeks):** 6:30pm, **Thu(12 weeks):** 12:30, 1:30pm, **Sat(12 weeks):** 12:30pm



All Supertot and Kinder classes practice once per week. New members are required to pay the Alberta Gymnastics Federation once-per-year fee of \$18.79 in addition to program fees.

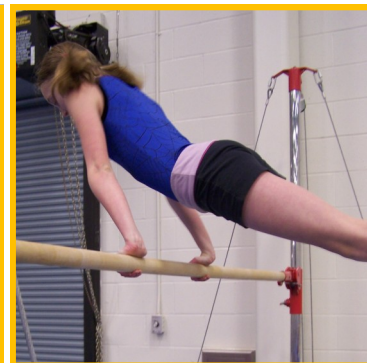
Class fees: **10 weeks:**\$145.00, **11 weeks:**\$158.00, **12 weeks:** \$171.00 (No drop-ins for regular classes.)

The **Supertot Playdate** is a drop-in session. **1 session:** \$15.00. After 3 drop-ins the \$18.79 AGF membership is due as well. **6-session Pass:** \$75.00 (non-transferable, good to the end of June 2011) with the AGF fee due as usual. In-person registration only.

# Ages 6 and up: Cangym and Canjump!

Choose your gymnastics sport! **Canjump** is about trampoline, tumbling and double mini-tramp. **Cangym** is about vault, bars, beam, floor, pommel horse, parallel bars and trampoline. You can stick with one program, switch between them or (why not?), do both! Canjump and Cangym are 12-level programs developed by the Alberta and Canadian Gymnastics Federations. The length of the classes vary according to the level.

**If you're just starting out, you have choices:** You can start at Level 1, or in TeenGIRLS Cangym (age 12+) or Boys Canjump (age 9+). 11-13 year-olds can start at level 2-3 Cangym/Canjump. 14 year-olds and up can start at level 4 Cangym/Canjump.



## Cangym (Gymnastics)

**Level 1 (ages 6-8)** 1 hour: **Mon(11 weeks): 4:00, Wed(12 weeks) 6:00, Thu(12 weeks) 6:00, Fri(11 weeks) 3:00**

**Level 1 (ages 6&up)** 1 hour: **Thu(12 weeks) 6:30, Sat(12 weeks) 2:00**

**Level 1 (ages 8&up)** 1 hour: **Wed(12 weeks) 4:00**

**TeenGIRLS Cangym (ages 12&up)** multi-level, 1.5 hours: **Wed(12 weeks) 6:00pm**

**Level 2-3 (ages 6-8)** 1 hour: **Tue(12 weeks): 5:00, Wed(12 weeks): 7:00**

**Level 2-3 (ages 6&up)** 1 hour: **Tue(12 weeks) 7:30, Fri(11 weeks) 4:00pm, Sat(12 weeks): 2:00**

**Level 2-3 (ages 8&up)** 1 hour: **Wed(12 weeks): 5:00, Thu(12 weeks): 4:00, 7:30pm**

**Level 4-5** 1.5 hours: **Mon(9 weeks, starts April 18) 5:00, Tue(12 weeks) 6:30pm, Wed: 4:30(10 weeks, starts April 20), 6:00(12 weeks), Thu(12 weeks): 5:00, Fri(11 weeks): 4:00, 6:30pm**

**Level 4+** 2 hours: **Sat 11:30am**

**Level 6-8** 2 hours: **Tues(12 weeks): 6:00, Wed: 4:00(12 weeks), 6:00(10 weeks, starts April 20), Fri(11 weeks): 5:00pm**

**Level 7+** 2 hours, **twice a week(12 weeks): Tue and Thu 6:00pm**

## Canjump (Trampoline & Tumbling)

**Level 1 (ages 6-8)** 1 hour: **Fri(11 weeks): 3:00**

**Level 1 (ages 6&up)** 1 hour: **Mon(9 weeks, starts April 18) 4:00pm, Wed(10 weeks, starts April 20) 1:30, Thu(12 weeks) 5:00pm, Sat(12 weeks): 11:30, 2:00**

**Level 1 (ages 8&up)** 1 hour: **Tue(12 weeks) 7:30pm**

**Boys Canjump (ages 9&up)** multi-level, 1.5 hours: **Fri(11 weeks): 7:15pm**

**Level 2-3 (ages 6-8)** 1 hour: **Mon(11 weeks): 6:30pm, Thu(12 weeks) 5:00pm, 6:30pm**

**Level 2-3 (ages 6&up)** 1 hour: **Wed(10 weeks, starts April 20)12:30, Fri(11 weeks)3:00pm, Sat(12 weeks): 12:30**

**Level 2-3 (ages 8&up)** 1 hour: **Thu(12 weeks): 7:00pm, 7:30pm**

**Level 4-5** 1.5 hours: **Mon(11 weeks) 5:00, Fri(11 weeks) 4:00**

**Level 4+** 2 hours: **Wed(12 weeks) 6:30pm**

**Level 5+** 2 hours: **Thu(12 weeks) 6:00pm**

All Cangym and Canjump classes practice once per week, except for Cangym Level 7+ (twice a week). New members are required to pay the Alberta Gymnastics Federation once-per-year membership of \$18.79 in addition to program fees. No drop-ins

**1 hour class:** 9 weeks: \$132. 10 weeks: \$145. 11 weeks: \$158. 12 weeks: \$171.

**1.5 hour class:** 9 weeks: \$190.50 10 weeks: \$210. 11 weeks: \$229.50. 12 weeks: \$249.

**2 hour class:** 9 weeks: \$249. 10 weeks: \$275. 11 weeks: \$301. 12 weeks \$327.

**Cangym 7+ class (twice a week):** \$483.00



# More Ways to Make Gymnastics Part of Your Day!

Gymnastics For Life (G4L) programs are about making gymnastics part of a fun and healthy lifestyle. G4L explores gymnastics and gymnastics-related activities with the goal of enjoyable, rewarding and skilful participation.



**Reserve one of our popular coach-led BIRTHDAY PARTIES for your special day!** Each party is customized to the age and abilities of the guests. First, there's a welcome, safety check, active game and a gymnastics warm-up. Then, the party group travels with their coach around the gym for more games, skills and exploration. Apparatus may include the pit, fast track, long-tumble challenge, vaulting and double mini-tramp, bars, beams, ropes, tumbling or trampolines. The birthday child (or child-at-heart) receives a souvenir Happy Birthday Award. A party room is available afterwards. 1 hour. 10-40 guests. Ages 1-99! (Each guest under age 4 must attend with their own adult aged 18+).

**Saturday afternoons:** 3:00pm and 4:00pm (Book through the gym office.)



**Customized Classes, Events and Workshops** Bring your group—any age, almost any size—for a go at gymnastics and trampoline. We have activities for all levels, from beginner to experienced, from enthusiasts to adventurers. (Contact the office for more details.)

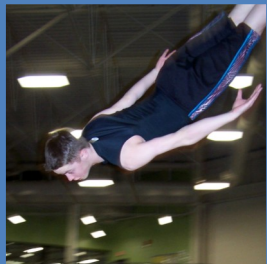
**Jumpgym (ages 10 and up)** Acrobatics, power tumbling, handstand balance, partner skills and group routines. A skilful and sociable approach to gymnastics sports. If you love gymnastics, Jumpgym is a great place to fine-tune your art. **Prerequisite:** Cangym or Canjump level 5+ or permission of the instructor. Cangym/Canjump students at levels 5-8 are advised to sign up for a Cangym/Canjump class too. 1.5 hours per class. One class per week. 12 weeks. The Jumpgymnasts will be traveling to the Alberta Gymfest at Mount Royal University in May.

**Wed:** 6:30pm



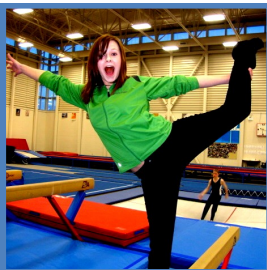
**Aerial Arts (ages 10&up)** and **Aerial Arts (ages 14&up)** You've seen it in Cirque du Soleil, now try it for yourself! The beautiful art of working on aerial silk. Climb, balance and descend with subtlety and ease, never letting on that it's as challenging as rock-climbing! What does it take to be successful? Determination and the ability to tie knots with your feet! (We'll show you how.) 1 hour per class. 1 class per week. 11 weeks.

**Ages 10&up:** Fri: 6:00pm **Ages 14&up:** Fri: 7:00pm



**Adult Drop-in (18 and over)** and **Teen Drop-in (13-19years):** Feel young again! (Or, if you \*are\* young, explore your gymnastics super-powers!) These interdisciplinary programs include gymnastics, acrobatics, trampoline and parkour. Sessions consist of warm-up, technical work and supervised practice. 1 hour per class. 1 class per week. 6-session Pass or Drop-in participation. In-person registration only.

**Adult:** Tue 8:00pm **Teen:** Wed 8:00pm



**Daily Boost:** A daytime class for adults, ages 18 and over. A challenging low-impact approach to gymnastics that is fun, helps to get you in shape and builds body-confidence. (If you have a 4-5 year-old you can sign them up for Kindergym, offered at the same times.) 1 hour per class. 1 class per week. 6-session Pass or Drop-in participation. In-person registration only.

**Thu:** 12:30

All classes on this page practice once per week. New members are required to pay the AGF membership fee of \$18.79 in addition to program fees.

**1 hour class:** 9 weeks:\$132. 10 weeks: \$145. 11 weeks:\$158. 12 weeks:\$171.

**1.5 hour class:** 9 weeks:\$190.50 10 weeks:\$210. 11 weeks:\$229.50. 12 weeks: \$249.

**Classes with Drop-in Options:** Teen Drop-in, Adult Drop-in, Daily Boost

**1 Drop-in session:** \$15.00. After 3 drop-ins the \$18.79 AGF membership is due as well. **6-session Pass:** \$75.00 (non-transferable, good to the end of June 2011) with the AGF fee due as usual. In-person registration only.

**Birthday Party** guests and **Event** participants are covered under our AGF insurance. **10 guests for 1 hour:** \$100. **Each additional 10 guests** \$50.00. **Party Room** (following a 3:00 party only): \$25.00. In-person bookings only.

Drop-in participation is possible in **Jumpgym** and **Aerial Arts(14+)** with permission of the instructor. Contact the office.

