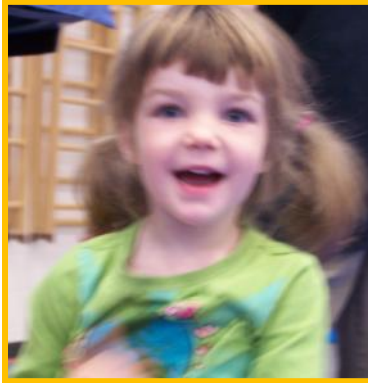


FALL Session 2011 Recreational Programs (September 9-December 10)



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

Class Start Dates:	Fri:	Sept 9
	Mon:	Sept 12
	Tue:	Sept 13
	Wed:	Sept 14
	Thu:	Sept 15
	Sat:	Sept 17
Other Dates:		
Sept 18	Age cut-off for Fall session. Ages are calculated according to whether birthdays fall on or before this day.	
Oct 1	Last day to withdraw from Fall session without Dr's note	
Oct 10	Thanksgiving: no classes	
Oct 22	Last day to register for Fall session	
Oct 29	Winter Session brochure published	
Oct 31	Halloween: classes as usual. Gymnastics-safe costumes ok.	
Oct 31-Nov 5	Recommendations for next session's registration level handed out in class.	
Nov 11	Remembrance Day: no classes	
Nov 14-19	Bring-a-friend: Supertots, Kindergym, Firecrackers	
Nov 15	Returning members' registration starts online for next session.	
Nov 16	Open registration starts, online and in-person.	
Nov 21-26	Bring-a-friend: Cangym, Canjump, Drop-ins, Jumpgym, Aerial Arts.	
Class End Dates:	Tue:	Nov 29
	Wed:	Nov 30
	Thu:	Dec 1
	Fri:	Dec 2
	Sat:	Dec 3
	Mon:	Dec 5
Dec 10	RecPalooza Event for upper-level classes. Watch for further information.	

Energy, strength, flexibility, coordination, confidence, safe landings and gymnastics friends! Even a few sessions of gymnastics can have benefits to last a lifetime.

Recreational participation means

- training usually happens once per week in 12-week sessions
- there are no competitions.

Our youngest members, ages 1 to 6, practice in **Supertots, Kindergym and Firecrackers.**

At age 6 and up, there's **Cangym** gymnastics, **Canjump** trampoline and tumbling and our new **Freestyle** combined classes.

At age 10, gymnasts are old enough for the challenge of **Jumpgym** or **Aerial Arts.**

Teens and Adults can try aerials, gymnastics, acrobatics, trampoline and **Parkour.**

If your group is interested in our **birthday parties, special events, school bookings or a customized set of classes** call us.

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

How to Register: If you're new and want to register online, call the office in advance to set up an account.

Online registration starts Monday, August 15.

In-person and online registration starts Tuesday August 16.

Register as early as possible for the best chance of getting the classes and times that you want. **If you end up on a waitlist**, remember that we will make every effort to find a class that works for you.

CONTACT US:

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

Phone: 403-948-7769

Fax: 403-912-5146

Email: info@airdrieedge.com

Website: www.airdrieedge.com

Rec Blog: airdrieedge.wordpress.com

Office Hours:

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

Questions About the Programs? Talk to our **Recreation Programs Head Coach, Robyn Fox** by email: robyn.fox@airdrieedge.com or by phone: 403-948-7769 ext. 224

Fall Session 2011 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 playful side of gymnastics is yours to explore. **Each Supertot attends with their own supervising adult aged 18+.** Supertot3 is suitable for Kindergym-aged children who are not yet ready to participate on their own.

50 minutes per class.

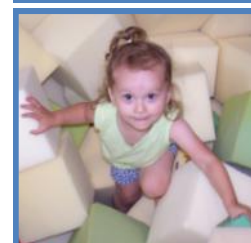
Supertot 1 (age 1-2): Tues 9:30am / Thurs 9:30am

Supertot 2 (age 2-3): Mon 10:15am / Tues 10:30am, 5:30pm / Wed 9:15am /
Thur 10:30am / Fri 9:30am /
Sat 9:30am, 10:30am

Supertot 3 (age 3-5): Mon 11:15am / Tues 11:30am, 1:00pm, 6:30pm /
Thur 10:30am / Fri 11:30am / Sat 10:30am, 11:30am, 12:30pm

Ages under 4: Supertot Playdate: Think of the gym as a big playground for your Supertot! Little ones can play, make friends, hop and swing with freedom. A supervisor is on hand to keep it safe and to offer gymnastics tips.

Each Playdate guest must attend with their own supervising adult aged 18+. Drop-in participation or a 6-session pass. In-person registration only. 1 hour. Thur 11:30am

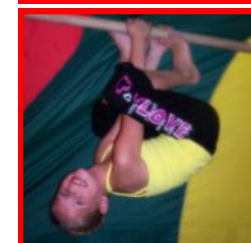


Ages 4-5: Kindergym: Children attend these classes on their own. Skills, imaginative activities and tricky challenges inspire the little ones to go faster, higher and stronger! The hour is gone before they know it. You, of course, are welcome to stay and watch. Smiles and healthy lifestyles: this is where it starts with a focus on gymnastics skills and techniques. When Kindergym students move into Cangym or Canjump, they often start at level 2-3 with a coach's recommendation. **1 hour classes.**

Mon 9:15am, 12:30pm, 1:30pm / Tue 9:30am, 10:30am, 11:30am, 1:00pm,
4:00pm / Wed 1:30pm, 2:30pm / Thur 9:30am, 12:30pm, 1:30pm /
Fri 10:30am / Sat 9:30am, 10:30am, 11:30am

Firecrackers: Firecrackers is for Kindergym-aged children who have already attended at least one session and have the recommendation of their coach. Firecrackers is offered on a limited basis. If the class you want is filled, we encourage our recommended students to continue to enjoy the Kindergym program. **1 hour classes.**

Mon 9:15am / Thur 12:30pm, 1:30pm / Sat 12:30pm



Contact: info@airdreedge.com or (403)948-7769

For fees and for an overview schedule, please consult "Class Overview and Fees" on the last two pages of this brochure.

Fall Session 2011 Ages 6 and up: Cangym and Canjump!



Airdrie Edge offers training in two gymnastics sports: Trampoline and Artistic. You can stick with one program, switch between them or (why not?), do both!

Canjump is about **trampoline, power-tumbling and double mini-tramp**. Physical preparation and the development of air-sense are included in each practice.

Cangym is about the traditional/artistic events: **vault, bars, beam, floor, pommel horse, parallel bars**. There's some trampoline as well, especially at the higher levels.

Also, check out our new **Freestyle** classes, which combine gymnastics, trampoline and Parkour!

The length of each class varies according to the level.

If you're just starting, you have choices:

- Ages 6-10 start at **Level 1 Cangym/Canjump**
- Ages 12-17 can start with **TeenGIRLS Cangyms**
- Ages 9 and up **Boys Canjump**
- Ages 11-13 start **Level 2-3 Cangym/Canjump**
- Ages 14 and up **Level 4 Cangym/Canjump**

If you're coming from another club, have been away from gymnastics for a while, or have a strong background in a related activity (i.e., acrobatic dance, martial arts) it's sometimes possible to set up an assessment to find where you best fit into our programs. Contact the gym office for more info.

Cangym (Gymnastics)

Level 1-3 (ages 6-8) 1 hour Mon 4:00pm / Tue 5:00pm / Wed 3:30pm, 4:00pm, 5:00pm / Thurs 4:00pm, 5:00pm, 6:00pm / Fri 3:00pm

Level 1-3 (ages 6 & over) 1 hour Sat 10:30am, 11:30am

Level 1-3 (ages 8 & over) 1 hour Wed 6:00pm

Teengirls Level 1-6 (ages 12 & over) 1 hour Wed 7:00pm

Level 4-5, 1.5 hours Mon 5:00pm / Wed 4:30pm, 6:00pm /

Level 4-8, 2 hours Wed 4:30pm, 6:00pm / Fri 3:30pm / Sat 11:30am

Level 7-12, 2 hours, twice per week Tue 6:00pm and Thur 6:00pm

Canjump (Trampoline & Tumbling)

Level 1-3 (ages 6-8) 1 hour Mon 4:00pm, 6:30pm / Thur 5:00pm

Level 1-3 (ages 6 & over) 1 hour Sat 9:30am, 11:30am, 12:30pm

Level 1-3 (ages 8 & over) 1 hour Mon 6:30pm / Thur 7:00pm

BoysCanjump Level 1-6 (ages 9 & over) 1 hour Thur 5:00pm

Level 4-5, 1.5 hours Mon 5:00pm / Fri 4:00pm

Level 4-12, 2 hours Wed 6:00p, / Thur 6:00pm

FreeStyle (Gymnastics, Trampoline, Parkour) Two gymnastics sports plus Parkour technique for those who just can't make up their mind!

Ages 6 & over Sat 12:30pm

Ages 8 & over Fri 5:30pm



Contact: info@airdrieedge.com or (403)948-7769

For fees and for an overview schedule, please consult "Class Overview and Fees" on the last two pages of this brochure.

Fall Session 2011: 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.

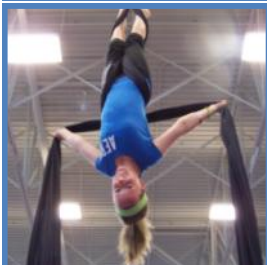


Reserve one of our popular coach-led BIRTHDAY PARTIES for your special day! Each party is customized to the age and abilities of the guests. First, there's a welcome, safety check, active game and a gymnastics warm-up. Then, the party group travels with their coach around the gym for more games, skills 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 on a limited basis. **1 hour. 10-30 guests. Each guest under age 4 must attend with their own supervising adult aged 18+.**



Saturday afternoons. 2:00, 3:00pm or 4:00pm Contact the gym office to make arrangements.

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



Jumpgym Team (ages 10 and up by May 15, 2012) Acrobatics, power tumbling, handstand balance, partner skills and dynamic group routines. A skilful and sociable approach to gymnastics sports. If you love gymnastics, Jumpgym is a great place to enjoy and develop your art. **Prerequisite: A full-season commitment with regular attendance is essential to success in this group.** Jumpgym training starts in September and continues until June 2012 for a total of 36 weeks of classes. **In addition**, gymnasts will have completed level 4 in Cangym or Canjump or have permission from the instructor.

To keep up their skills, Jumpgym members are advised to register in at least one other gymnastics or trampoline program per week. Call the gym or pick up an info sheet at the gym for further details of the program and costs. The Jumpgym Team will be participating in the Alberta Gymfest in Edmonton in May 2012.

Wed 6-8pm. In-person registration only.



Aerial Arts (ages 10&up) and **Aerial Arts (ages 14&up)** The demanding and 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, focus, and the ability to tie knots with your feet! (We'll show you how.) **Ages 10-14: Fri: 6-7pm Ages 14&up: Fri: 7-8pm**

Evening Drop-ins (Ages 13-adult): Our drop-in classes include gymnastics, acrobatics, trampoline and parkour. Sessions consist of warm-up, technical work and supervised practice. 1 hour per drop-in. Drop-in participants aged under 18 must complete a new parent- or guardian-signed waiver form for the 2011-12 season. **6-session Pass or Drop-in participation. In-person registration only.**

Tue 8-9pm / Wed 8-9pm



Coaching Development (Ages 12-adult) Have you ever thought about becoming a gymnastics or trampoline coach? Here's a chance to give it a try. You'll work as a volunteer Trainee alongside Airdrie Edge staff coaches. **Prerequisite:** Passed Cangym 6 or Canjump 5 or has the recommendation of an Airdrie Edge Head Coach. **Pick up an application and information form at the gym office.**

Daily Boost: A 1-hour, 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 time.) **6-session Pass or Drop-in participation. In-person registration only. Thu: 12:30pm**



Contact: info@airdrieedge.com or (403)948-7769

For fees and for an overview schedule, please consult "Class Overview and Fees" on the last two pages of this brochure.



Contact: info@airdrieedge.com or (403)948-7769

August 10, 2011

Airdrie Edge Gymnastics' Recreational Programs, Fall 2011 Session (September-December): CLASS OVERVIEW & FEES page 1/2

CLASS TYPE	AGE	LENGTH OF CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Fall 2012 Session Fee
Supertot 1	1-2	50 minutes		9:30am		9:30am			\$183.00 + AGF*
Supertot 2	2-3	50 minutes	10:15am	10:30am, 5:30pm	9:15am	10:30am	9:30am	9:30am, 10:30am	\$183.00 + AGF*
Supertot 3	3-5	50 minutes	11:15am	11:30am, 1:00pm, 6:30pm		10:30am	11:30am	10:30am, 11:30am, 12:30pm	\$183.00 + AGF*
Supertot Playdate Drop-in	Under 4	1 hour				11:30am			\$15.00* or 6-Class Pass: \$75.00 + AGF*
Kindergym	4-5	1 hour	9:15am, 12:30pm, 1:30pm	9:30am, 10:30am, 11:30am, 1:00pm, 4:00pm	1:30pm, 2:30pm	9:30am, 12:30pm, 1:30pm	10:30am	9:30am, 10:30am, 11:30am	\$183.00 + AGF*
Firecrackers	4-5 with a recommendation	1 hour	9:15am			12:30pm, 1:30pm		12:30pm	\$183.00 + AGF*
Cangym Level 1-3	6-8	1 hour	4:00pm	5:00pm,	3:30pm, 4:00pm, 5:00pm	4:00pm, 5:00pm, 6:00pm	3:00pm		\$183.00 + AGF*
Cangym Level 1-3	6 and over	1 hour						10:30am, 11:30am	\$183.00 + AGF*
Cangym Level 1-3	8 and over	1 hour			6:00pm				\$183.00 + AGF*
Cangym Level 1-6 TeenGirls	12 and over girls	1 hour			7:00pm				\$183.00 + AGF*
Cangym Level 4-5	Minimum 6	1.5 hours	5:00pm		4:30pm, 6:00pm				\$267.00 + AGF*
Cangym Level 4-8	Minimum 6	2 hours			4:30pm, 6:00pm		3:30pm	11:30am	\$351.00 + AGF*
Cangym Level 7-12	Minimum 6	2 hours, twice per week		6:00pm		6:00pm			\$519.00 + AGF*

Notes: The AGF ("Alberta Gymnastics Federation") fee is payable once per gymnastics year (July-June) for each gymnast. The fee is due after the third visit for drop-in participants.

Please consult the detailed descriptions in the Fall 2011 brochure for more information about each program and how to register.



Contact: info@airdrieedge.com or (403)948-7769

August 10, 2011

Airdrie Edge Gymnastics' Recreational Programs, Fall 2011 Session (September-December): CLASS OVERVIEW & FEES page 2/2

CLASS TYPE	AGE	LENGTH OF CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Fall 2012 Session Fee
Canjump Level 1-3	6-8	1 hour	4:00pm, 6:30pm			5:00pm			\$183.00 + AGF*
Canjump Level 1-3	6 and over	1 hour						9:30am, 11:30am, 12:30pm	\$183.00 + AGF*
Canjump Level 1-3	8 and over	1 hour	6:30pm			7:00pm			\$183.00 + AGF*
Canjump Level 1-6 Boys' Canjump	9 and over boys	1 hour				5:00pm			\$183.00 + AGF*
Canjump Level 4-5	Minimum 6	1.5 hours	5:00pm				4:00pm		\$267.00 + AGF*
Canjump Levels 4-12	Minimum 6	2 hours			6:00pm	6:00pm			\$351.00 + AGF*
Freestyle	Minimum 6	1 hour						12:30pm	\$183.00 + AGF*
Freestyle	Minimum 8	1 hour					5:30pm		\$183.00 + AGF*
Aerial Arts	10-14	1 hour					6:00pm		\$183.00 + AGF*
Aerial Arts	14 and over	1 hour					7:00pm		\$183.00 + AGF*
Evening Drop-in	13 and over	1 hour		8:00pm	8:00pm				\$15.00* or 6-Class Pass: \$75.00 + AGF*
Daily Boost Drop-in	18 and over	1 hour				12:30pm			\$15.00* or 6-Class Pass: \$75.00 + AGF*
Jumpgym Team	10 and over or by recommen- dation	2 hours			6:00pm				Contact the gym office for the fee structure.

Notes: The AGF ("Alberta Gymnastics Federation") fee is payable once per gymnastics year (July-June) for each gymnast. The fee is due after the third visit for drop-in participants.

Please consult the detailed descriptions in the Fall 2011 brochure for more information about each program and how to register.