

2019 Fall Class Schedule

Monday September 9th to Sunday December 21st



Kids Gymnastics Programs

Class/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent and Tot			10:00 to 11:00 am \$225			10:00 to 11:00 am \$225
Active Start Boys & Girls Gymnastics Ages 3 - 5			11:00 to 12:00 pm <u>or</u> 6:00 to 7:00 pm \$225		5:00 to 6:00 pm \$225	10:00 to 11:00 am <u>or</u> 11:00 to 12:00 pm \$225
Girls Pre-Competitive and Competitive Artistic Gymnastics* Age 6+ (<i>by coach assessment</i>)	5:00 to 8:00 pm	5:00 to 8:00 pm		5:00 to 8:00 pm	5:00 to 8:00 pm	
Women's Recreational and Advanced Artistic Gymnastics Age 6+	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	10:00 to 11:30 am <u>or</u> 11:30 to 1:00 pm <u>or</u> 1:00 to 2:30 pm <u>or</u> 2:30 to 4:00 pm \$320
Boys Pre-Competitive and Competitive Artistic Gymnastics* Age 6+ (<i>by coach assessment</i>)	5:00 to 8:00 pm	5:00 to 8:00 pm		5:00 to 8:00 pm	5:00 to 8:00 pm	2:00 to 5:00 pm

Prices DO NOT include the \$45.00 annual Manitoba Gymnastics Membership Fee (\$55.00 for athletes registered in the competitive programs) or the \$25 annual equipment maintenance fee payable once per family.

Program Class Descriptions are online at www.dakotagymnasticsacademy.ca

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Boys Recreational and Advanced Artistic Gymnastics Age 6+	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$320	10:00 to 11:30 am <u>or</u> 11:30 to 1:00 pm <u>or</u> 1:00 to 2:30 pm <u>or</u> 2:30 to 4:00 pm \$320
Acrobatic Gymnastics (Recreational and Pre-Competitive*) Age 6+		5:00 to 7:00pm \$425			5:00 to 7:00pm \$425	2:00 to 4:00pm \$425
NEW FOR FALL 2019 Acro and Tumbling for Dance and Cheer Age 6+	6:00 to 7:30 pm \$320					

**** All pre-competitive and competitive athletes must train a minimum of two times (6 hours) per week.***

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or the \$25 annual equipment maintenance fee payable once per family.

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Adult Gymnastics and Other Programs

Class/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Gymnastics	8:00 to 9:00pm \$250				8:00 to 9:00pm \$250	
NEW FOR FALL 2019 Wushu Martial Arts		8:00 to 9:00pm \$250		8:00 to 9:00pm \$250		
NEW FOR FALL 2019 Rehabilitation and Healing		10:30 to 11:30am <i>Adults \$250</i> <i>Seniors \$220</i>				
Introduction to Parkour Ages 7 +	6:00 to 7:30 pm \$320			6:00 to 7:30 pm \$320		2:00 to 3:30 pm \$320
Strength and Flexibility Training Ages 8+						2:00 to 3:30 pm \$320
Homeschool Gymnastics			12:00 to 1:30 pm \$300			
Birthday Party \$175 for up to 10 kids \$5 per additional child, maximum 15 kids Includes: <ul style="list-style-type: none"> 1 hour of gymnastics 1 hour in the party room. Parents supply plates, cups, etc and clean up the party room after. <i>\$50 non-refundable deposit is required</i>						11:00 to 1:00pm Or 1:00 to 3:00pm

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Families that register and pay in full by July 1st, 2019 for the fall term will receive a 5% discount on class fees.

The 2019 fall session is 15 weeks. There are no classes on the following dates:

- October 12 – Thanksgiving
- October 31 – Halloween
- November 11 – Remembrance Day

We are now offering discounts for families and for enrolling in multiple classes:

- 10% discount for 3+ hours of classes
- 20% discount for 5+ hours of classes
- 30% discount for 7+ hours of classes
- Additional children in a family receive 10% off.

The maximum discount per child is 30%.

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