

Winter and Spring Class Schedule

2018/2019 Season



25 Week Winter and Spring Session – Saturday January 5th to Friday June 28th

Kids Gymnastics Programs

| Class/Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|---|
| Parent and Tot | | | 10:00 to 11:00 am \$375 | | | 10:00 to 11:00 am \$375 |
| Active Start Boys & Girls Gymnastics Ages 3 - 5 | | | 11:00 to 12:00 pm \$375 | | 5:00 to 6:00 pm \$375 | 10:00 to 11:00 am <u>or</u> 11:00 to 12:00 pm \$375 |
| 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 \$530 | 4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$530 | 4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$530 | 4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$530 | 4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$530 | 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 \$530 |
| 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 | |

Prices DO NOT include the \$35.00 annual Manitoba Gymnastics Membership Fee or the \$25 annual equipment maintenance fee.

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 \$530 | 4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$530 | 4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$530 | 4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$530 | 4:30 to 6:00 pm <u>or</u> 6:00 to 7:30 pm <u>or</u> 7:30 to 9:00 pm \$530 | 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 \$530 |
| Acrobatic Gymnastics (Recreational and Pre-Competitive*) Age 6+ | | 6:00 to 8:00pm \$530 | | | 6:00 to 8:00pm \$530 | 2:00 to 4:00pm \$530 |

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

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Adult Gymnastics and Other Programs

| Class/Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|-------------------------|-----------|--------------------------|--------|---|
| Adult Gymnastics | | 7:30 to 9:00pm \$320 | | 7:30 to 9:00pm \$320 | | |
| Introduction to Parkour Ages 7 + | 6:00 to 7:30 pm \$400 | | | 6:00 to 7:30 pm \$400 | | 2:00 to 3:30 pm \$400 |
| Strength and Conditioning Training Ages 8+ | | | | | | 3:30 to 5:00pm \$405 |
| Birthday Party \$150 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 |
| Spring Break Camp – March 25 to March 29 | Half Day Camp: 8:30am to 12:30pm \$32 Full Day Camp: 8:30am to 4:30pm \$48/day Full Week: 8:30am to 4:30pm \$196/week <i>Pre-registration required</i> | | | | | |
| Non-Instructional Days <ul style="list-style-type: none"> February 1st (Friday) March 15th (Friday) April 26th (Friday) May 6th (Monday) | Half Day Camp: 8:30am to 12:30pm \$32 Full Day Camp: 8:30am to 4:30pm \$48 <i>Pre-registration required</i> | | | | | |

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Please note that there will be no regular classes during Spring Break from Sunday, March 24 to Saturday March 30!

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

- 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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