



Email: [stpaulgymnastics@hotmail.com](mailto:stpaulgymnastics@hotmail.com)

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## **2025 Fall Session (12Weeks)**

Tuesdays, Wednesdays and Thursdays  
September 16th - December 4th

### **AGF:**

Alberta Gymnastics Federation Liability Insurance Fee is collected once per year starting with the Fall session. The fee is \$50 per athlete and is non refundable.

### **Payment Plans Available:**

- Cash
- Cheque (Sept 16th)
- Credit Card
- E-transfer

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### **Class Fees:**

45 Minute Classes = \$182.00  
(9 hours of instruction)

60 Minute Classes = \$215.00  
(12 hours of instruction)

60 Minute (Badge) = \$215.00  
(12 hours of instruction)

90 Minute (Badge) = \$285.00  
(18 hours of instruction)

Parkour 8- = \$ 215.00  
(12 hours of instruction)

Parkour 8+ = 285.00  
(18 hours of instruction)

### **Coach Invite:**

Rose Beg (Badge) = \$397.00  
(24 hours of instruction)

Rose Inter/Adv (Badge) = 525.00  
(36 hours of instruction)

### **New: Online Registration**

Registration opens

<https://stpaulgymnastics.uplifterinc.com/>

### **Deposit cheques required:**

- 1 undated operational duty bond cheques of \$200 each per gymnasts (Max 2 per family)
- 1 undated fundraising cheque of \$150/per family

NSF cheques are charged a \$10 penalty fee

### **Member/Parent Commitments:**

#### **Operational Duties:**

- 1 bingo per gymnasts (Max 2 per family)
- bingo
  - Equipment wipe down
  - Option to sell and extra 15 tickets for the Cash raffle

#### **Fundraising:**

- Cash raffle

**Thank You!!**, to all our members for your continuous support.

### **DRESS CODE :**

Gymnasts should wear tight fitting clothing such as a leotard, bodysuit or one piece swimsuit. No midriff allowed. No bodysuits with a hole in the back. All hair should be tied up or pinned back away from the face. Barefoot is preferred

but gymnastics shoes are also acceptable.

## **Tentative Class Schedule:**

### **Parent & Tots (18months-3,1/2yrs)**

Tuesday- 4:45-5:30pm  
Wednesday 4:45-5:30pm  
Thursday 5:00-5:45pm

### **Kindergym Beginner (3,1/2-5yrs)**

Tuesday 5:00-5:45pm  
Wednesday 4:45-5:30pm  
Thursday 5:00-5:45pm

### **Kindergym Advance (4-5yrs)**

Tuesday 5:00-6:00pm  
Wednesday -4:45-5:45pm  
Thursday 5:00-6:00pm

### **Burgundy (Badge)(4-5yrs)**

Wednesday 3:45-4:45pm

### **Burgundy/Red (Badge)(5-6yrs)**

Tuesday 4:00-5:00pm  
Tuesday 6:00-7:00pm  
Tuesday 7:00-8:00pm  
Wednesday - 5:45-6:45pm  
Thursday 4:00-5:00pm  
Thursday 6:00-7:00pm

### **Red (Badge)(5-6yrs)**

Wednesday 3:45-4:45pm

### **Tan/Bronze (Badge) (7-10yrs)**

Tuesday 6:00-7:00pm  
Tuesday 7:00-8:00pm  
Wednesday 3:45-4:45pm  
Wednesday 7:00-8:00pm  
Thursday 4:00-5:00pm

### **Purple +(Badge) (7-12yrs)**

Tuesday -5:45-7:15pm  
Wednesday - 7:00-8:30pm

### **Teen Class**

Tuesday - 7:15-8:30pm  
Wednesday 7:00-8:30pm

### **Parkour under (5-6yrs)**

Thursday 7:00-8:00pm

### **Parkour under (7-8yrs)**

Thursday 7:00-8:00pm

### **Parkour (9yrs +)**

Thursday 7:00-8:00pm

### **Coach Invite:**

#### **Rose Begginer (Badge)(4-6yrs)**

Tuesday/Thursday 4:00-5:00pm

#### **Rose Intermediate (Badge)(7-8+yrs)**

Wednesday/Thursdays 5:30-7:00pm

#### **Rose Advanced (Badge)(9+yrs)**

Wednesday/Thursdays 5:30-7:00pm



### **Book a Party!!**

We are currently booking parties, and drop ins.(Coach Availability) Like/Follow us on Facebook for dates and times.

