



Recreational Gymnastics Classes

Session #1 September 15, 2025 to February 7, 2026

Priority Registration: August 15

General Registration: August 18

Gymnastics For All
(GFA) Membership *
included!

MONDAY

16 classes

CanGym B

Beginner Boys
5-9 yrs

4:00 - 5:00 pm

\$291

Little Flippers

*Guardian Participation

Co-ed, 1.5-3.5 yrs

5:00 - 5:45 pm

\$235

CanGym C

Intermediate Girls
7-12 yrs

6:00-7:15 pm

\$347

CanGym D

Advanced Girls
9+ yrs

6:15-8:15 pm

\$515

Tumbling

Co-ed
8+ yrs

7:15-8:15 pm

\$291

TUESDAY

16 classes

Rec classes start
at 4:45 pm

Flippin' Terrific

Co-ed
3.5-6 yrs

4:45 - 5:45 pm

\$291

CanGym A

Beginner, Co-ed
6-9 yrs

6:00-7:00 pm

\$291

WEDNESDAY

Rec classes start
at 6:30 pm

CAPTivate Adult Gymnastics

Co-ed, all levels
16 yrs+

6:30-8:30 pm

Session runs
Sept 17 to Dec 10.

12 classes

Information &
registration at

captivategymnastics.com/alberta

THURSDAY

17 classes

CanGym A

Beginner, Co-ed
6-9 yrs

4:00-5:00 pm

\$305

Flippin' Terrific

Co-ed
3.5-6 yrs

5:15-6:15 pm

\$305

Little Flippers

*Guardian Participation

Co-ed, 1.5-3.5 yrs

6:15-7:00 pm

\$246

CanJump

Trampoline & Tumbling
Co-ed, 7+ yrs

7:00-8:15 pm

\$365

FRIDAY

16 classes



*Madelyn's
Monarchs*

Inclusive gymnastics where exceptional
children can spread their wings

Butterfly Buddies

Co-ed, 6-9 yrs

4:00-5:00 PM

\$291

High Flyers

Co-ed, 10-14 yrs

5:15-6:15

\$291

JOIN US

AGM

Aug 27
7:00 pm

You could win

- 1st One season volunteer covered
- 2nd 2 Hour Gym Rental
- 3rd Body Suit



Free Drop-In
for Attendee's
Children!

athabascaflips.ca

rec@athabascaflips.ca

587-756-0516

4705-48 Ave Athabasca

* Also good for day camps, drop-ins, & birthdays until June 30, 2026

Current members are eligible for discounts.

Excludes Volunteer Deposit of \$200 and Fundraising Deposit of \$200 per Rec family.
Both required on or before first day of class.