



Recreational Gymnastics Classes

Session #2 February 17 to June 12, 2026

 athabascaflips.ca
 rec@athabascaflips.ca
 587-756-0516
 4705-48 Ave Athabasca

MONDAY

13 classes

CanGym B

Beginner Boys
5-9 yrs
4:00 - 5:00 pm
\$249

Little Flippers

*Guardian Participation
Co-ed, 1.5-3.5 yrs
5:00 - 5:45 pm
\$204

CanGym C

Intermediate Girls
6-9 yrs
6:00-7:15 pm
\$295

CanGym D

Advanced Girls
9+ yrs
6:15-8:15 pm
\$431

Tumbling

Co-ed
8+ yrs
7:15-8:15 pm
\$249

TUESDAY

16 classes

Minis

Pre Competitive
Girls, 4-5 yrs
4:00 - 5:15 pm
\$627

Flippin' Terrific

Co-ed
3.5-5 yrs
4:30 - 5:30 pm
\$291

CanGym A

Beginner, Co-ed
6-8 yrs
5:30-6:30 pm
\$291

Performance Rec Team

Co-ed, 7-17 yrs
Learn individual
gymnastics
and partner &
group skills!
6:45-8:15 pm
\$403

WEDNESDAY

16 classes

CanGym A

Beginner, Co-ed
9-12 yrs
4:45-5:45 pm
\$291

CanGym C

Intermediate Girls
9-12 yrs
5:45-7:00 pm
\$347

Independent
Adult Program

CAPTivate Gymnastics

Co-ed, all levels
16 yrs+
6:30-8:30 pm

Information &
registration at

captivategymnastics.com

THURSDAY

16 classes

Minis

4:00 - 5:15 pm
Class runs
2 days per week

Little Flippers

*Guardian Participation
Co-ed, 1.5-3.5 yrs
4:15-5:00 pm
\$235

Flippin' Terrific

Co-ed
3.5-5 yrs
5:00-6:00 pm
\$291

CanGym A

Beginner, Co-ed
6-8 yrs
6:00-7:00 pm
\$291

CanJump

Trampoline & Tumbling
Co-ed, 7+ yrs
7:00-8:15 pm
\$347

FRIDAY

12 classes



*Madelyn's
Monarchs*

Inclusive gymnastics where exceptional
children can spread their wings

Butterfly Buddies

Co-ed, 6-9 yrs
4:15-5:15 PM
\$235

High Flyers

Co-ed, 10-14 yrs
5:30-6:30
\$235

Gymnastics For All (GFA) Membership included!

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.