

2A Riel Drive, St. Albert
 Phone (780) 459-4256
 www.sagc.squarespace.com



Fall 2009 Schedule

Recreational

Cangym Bade Program (Canada's National Skill Development Program)

Participants earn badges by mastering required skills at each level. Children gain balance, strength, flexibility, coordination and a sense of achievement as they pass through each badge level.

Burgundy, Red, Tan and Bronze

Burgundy/Red Girls 6 – 9 yrs

\$143.00*

Tuesday Sept 15 – Dec 8	Thursday Sept 17 – Dec 10	Saturday Sept 19 – Dec 12
4 – 5	4 – 5	9 – 10
5 – 6	5 – 6	10 – 11
6 – 7	6 – 7	11 – 12
7 – 8		12 – 1

Burgundy/Red Boys 5 - 9 yrs

\$143.00*

Tuesday Sept 15 – Dec 8	Thursday Sept 17 – Dec 10	Saturday Sept 19 – Dec 12
4 – 5	4 – 5	9 – 10
5 – 6	5 – 6	10 – 11
	6 – 7	11 – 12

Pre-Teen Beginner 10 yrs +

Burgundy/Red (Mixed)

\$143.00*

Tuesday Sept 15 – Dec 8	Thursday Sept 17 – Dec 10	Saturday Sept 19 – Dec 12
7 – 8	7 – 8	12 – 1

Tan/Bronze Girls 6 – 9 yrs

\$143.00*

Tuesday Sept 15 – Dec 8	Thursday Sept 17 – Dec 10	Saturday Sept 19 – Dec 12
4 – 5	4 – 5	9 – 10
5 – 6		10 – 11
	6 – 7	11 – 12
		12 – 1

Tan/Bronze Boys 6 – 9 yrs

\$143.00*

Tuesday Sept 15 – Dec 8	Thursday Sept 17 – Dec 10	Saturday Sept 19 – Dec 12
4 – 5		10 – 11
	5 – 6	11 – 12

Pre-Teen Intermediate 10 yrs +

Tan /Bronze (Mixed)

\$143.00*

Tuesday Sept 15 – Dec 8	Thursday Sept 17 – Dec 10	Saturday Sept 19 – Dec 12
7 – 8	7 – 8	12 – 1

Provincial Level

Participants learn the basic provincial level 1 skills including trampoline and tumbling components. Participants must have earned their first four badge levels in the Cangym badge program or be evaluated by our coaches.

Provincial Level Girls 7 – 9 yrs

\$247.00*

Tuesday Sept 15 – Dec 8	Thursday Sept 17 – Dec 10	Saturday Sept 19 – Dec 12
5 – 7	5 – 7	10 – 12

Provincial Level Girls 9 yrs +

\$247.00*

Tuesday Sept 15 – Dec 8	Thursday Sept 17 – Dec 10	Saturday Sept 19 – Dec 12
7 – 9	7 – 9	12 – 2

Provincial Level Boys 8 yrs +

\$247.00

Tuesday Sept 15 – Dec 8	Thursday Sept 17 – Dec 10	Saturday Sept 19 – Dec 12
7 – 9		12 – 2

NEW!!

Cheerleading Tumble Class

Participants will learn tumbling skills through progressions that are used in cheerleading and dance.

Thursday 7:30 – 9:00

Fee \$214.00

All classes are subject to cancellation due to low enrollment. No refunds after second class except for medical reasons with doctors note.

*Above classes do not include an annual \$20.00 non-refundable Alberta Gymnastics Federation fee.

Payments must be received at time of registration.