



Chimo Gymnastics Spring 2024 Session Class Schedule



April 2nd - June 22nd

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	(10 weeks) April 1, May 20 - no classes	(12 weeks)	(12 weeks)	(12 weeks)	(12 weeks)	(12 weeks)
Parent & Tot <small>* Kids 1-3 yrs old, with adult participation required</small>	9:00-9:45am \$115	9:00-9:45am \$135		9:00-9:45am \$135	9:00-9:45am \$135	9:00-9:45am \$135
	10:00-10:45am \$115	10:00-10:45am \$135		10:00-10:45am \$135	10:00-10:45am \$135	10:00-10:45am \$135
Preschool 3-5 yrs <small>*Independent participation, kids must be able to listen to coaches and participate without adult assistance</small>	9:00-10:00am \$145	9:00-10:00am \$175	1:00-2:00pm \$175	9:00-10:00am \$175	9:00-10:00am \$175	9:00-10:00am \$175
	10:00-11:00am \$145	10:00-11:00am \$175		10:00-11:00am \$175	10:00-11:00am \$175	10:00-11:00am \$175
					11:00am-12:00pm \$175	11:00am-12:00pm \$175
						12:00-1:00pm \$175
						1:00-2:00pm \$175
						2:30-3:30pm \$175
Advanced Pre School 4-5 yrs			11:30am-1:30pm \$315			
	This program is geared towards children that have had gymnastics experience before (has been in at least 1 weekly class during Fall 2023 or Winter 2024 session at Chimo). In this class we will work on more advanced gymnastics skills. It will focus more on physical development (strength, flexibility, and agility) while improving and fine tuning the technique of basic gymnastics skills and progressions. Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development you will be contacted and asked to change classes. To register for the advanced pre school class, participants should be able to do the following:					
	Vault: Squat on, Donkey kicks, mini handstand					
	Bars: Chin-up hold, Pullover (slightly spotted for pre-school), Glide swing					
	Beam: Walks (frw, side, back) Floor: Mini handstand and for preschool, Bridge, Cartwheel					
Pre School 4-5 yrs	3:00-4:00pm \$145	3:00-4:00pm \$175	3:00-4:00pm \$175	3:00-4:00pm \$175		
	4:30-5:30pm \$145	4:30-5:30pm \$175		4:30-5:30pm \$175		
		5:15-6:15pm \$175		5:15-6:15pm \$175		
Co-ed Recreational 6-8 yrs	3:00-4:30pm \$215	3:00-4:30pm \$260	3:00-4:30pm \$260	3:15-4:45pm \$260	3:15-4:45pm \$260	11:00am-12:30pm \$260
	4:00-5:30pm \$215	5:30-7:00pm \$260	4:00-5:30pm \$260	5:00-6:30pm \$260	5:00-6:30pm \$260	12:00-1:30pm \$260
	5:30-7:00pm \$215			5:30-7:00pm \$260		1:00-2:30pm \$260
						1:30-3:00pm \$260
						2:00-3:30pm \$260
Recreational Boys Only 7-10 yrs			4:00-5:30pm \$260			
Co-ed Recreational 9-12 yrs	4:30-6:00pm \$215	4:00-5:30pm \$260	4:30-6:00pm \$260	3:00-4:30pm \$260	3:15-4:45pm \$260	12:15-1:45pm \$260
	7:00-8:30pm \$215	7:00-8:30pm \$260	6:00-7:30pm \$260	4:00-5:30pm \$260		2:00-3:30pm \$260
				7:00-8:30pm \$260		
Advanced Recreational 6-9 yrs					4:30-6:30pm \$315	10:00am-12:00pm \$315
	This program is geared towards participants that have had gymnastics experience before (has been in at least 2 sessions at Chimo). Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development they will be withdrawn. Skills that they should have: Handstand on Floor, Cartwheel on Floor, Bridge kickover, be able to climb half way up the Rope, 3 chin ups, beat swings on bars, Left/Right/Middle splits (halfway down). Must be able to follow detailed instructions on technique and progressions. Ability to focus is required. If you are unsure if your child meets these requirements, talk to their current coach.					
Advanced Recreational 9-12 yrs		6:15-8:15pm \$315		6:30-8:30pm \$315		
	This program is geared towards participants that have had gymnastics experience before (has been in at least 2 sessions at Chimo). Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development they will be withdrawn. Skills that they should have: Handstand on Floor, Cartwheel on Floor, Bridge kickover, be able to climb half way up the Rope, 3 chin ups, beat swings on bars, Left/Right/Middle splits (halfway down). Must be able to follow detailed instructions on technique and progressions. Ability to focus is required. If you are unsure if your child meets these requirements, talk to their current coach.					
Advanced Recreational 13-16 yrs			5:30-7:30pm \$315			
	This program is geared towards participants that have had gymnastics experience before (has been in at least 2 sessions at Chimo). Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development they will be withdrawn. Skills that they should have: Handstand on Floor, Cartwheel on Floor, Bridge kickover, be able to climb half way up the Rope, 3 chin ups, beat swings on bars, Left/Right/Middle splits (halfway down). Must be able to follow detailed instructions on technique and progressions. Ability to focus is required. If you are unsure if your child meets these requirements, talk to their current coach.					
Co-ed Recreational 13-16 yrs	6:45-8:15pm \$215					
Adult Gymnastics			7:30-8:30pm \$175			
Home School 6-12 yrs			11:30am-1:00pm \$260			
Home School Parkour 6-10yrs			11:30am-1:00pm \$260			
Parkour 6-8 yrs	6:30-7:30pm \$145	3:00-4:00pm \$175	3:00-4:00pm \$175		3:15-4:15pm \$175	
Parkour 8-11 yrs					5:00-6:30pm \$260	
Parkour 9-12 yrs	5:30-6:30pm \$145	4:15-5:15pm \$175	5:30-7:00pm \$260			
	7:30-8:30pm \$145					
Parkour 13-16 yrs			7:00-8:30pm \$260			
Trampoline & Tumbling 6-9 yrs				6:15-7:45pm \$260		
Trampoline & Tumbling 10-16 yrs		7:00-8:30pm \$260				
Please note: Classes must have a minimum of 3 kids enrolled to run. Coaches evaluate athlete suitability for classes on an ongoing basis. If coaches feel there are options better suited to your child's gymnastics development you will be contacted and asked to change classes. There is a mandatory Gymnastics BC insurance and club membership fee of \$55 for all participants. This fee is good from September 1st, 2023 until August 31, 2024.						