



Chimo Gymnastics Winter 2023 Session Class Schedule

January 3rd - April 1st, 2023



Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	(11 weeks) Feb 20th - no classes	(13 weeks)	(13 weeks)	(13 weeks)	(13 weeks)	(13 weeks)
Parent & Tot * kids 1-3 yrs old, with adult participation required	9:00-9:45am \$120	9:00-9:45am \$140		9:00-9:45am \$140	10:00-10:45am \$140	9:00-9:45am \$140
	10:00-10:45am \$120	10:00-10:45am \$140		10:00-10:45am \$140		10:00-10:45am \$140
Preschool 3 -5 yrs *independent participation, kids must be able to listen to coaches and participate without adult assistance	9:00-10:00am \$150	9:00-10:00am \$176	12:30-1:00pm \$176	9:00-10:00am \$176	9:00-10:00am \$176	9:00-10:00am \$176
	10:15-11:15am \$150	10:15-11:15am \$176	1:45-2:45pm \$176	10:15-11:15am \$176		10:30am-11:30am \$176
	11:00am-12:00pm \$150					11:15am-12:15pm \$176
	11:30am-12:30pm \$150					12:15-1:15pm \$176
						1:15-2:15pm \$176
Advanced Pre School 4-5 yrs					10:00am-12:00pm \$315	
	This program is geared towards children that have had gymnastics experience before (has been in at least 1 weekly class during Winter 2022 or Spring 2022 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)					
Pre School 4-5 yrs	Floor: Mini handstand and for preschool, Bridge, Cartwheel					
	3:45-4:45pm \$150	3:00-4:00pm \$176	3:00-4:00pm \$176	3:00-4:00pm \$176		
	4:00-5:00pm \$150		5:30-6:30pm \$176			
Private Class	Please send an e-mail with your inquiry to info@chimogymnastics.ca Private classes are 30 mins or 1 hour					

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, 2022 until August 31, 2023.