

Chimo Gymnastics Fall 2024 Session Class Schedule						
September 7th - December 21st						
Program	Monday (12 weeks) <small>Sept. 30th, Oct. 14th, Nov. 11th - No classes</small>	Tuesday (15 weeks)	Wednesday (15 weeks)	Thursday (15/14 weeks) <small>Oct. 31st - No classes start after 4pm for Halloween</small>	Friday (14 weeks)	Saturday (15 weeks)
Parent & Tot <small>* kids 1-3 yrs old, with adult participation required</small>	9:00-9:45am \$135	9:00-9:45am \$170		9:00-9:45am \$170	9:00-9:45am \$160	9:00-9:45am \$170
	10:00-10:45am \$135	10:00-10:45am \$170		10:00-10:45am \$170	10:00-10:45am \$160	10:00-10:45am \$170
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 \$175	9:00-10:00am \$215	1:00-2:00pm \$215	9:00-10:00am \$215	9:00-10:00am \$205	9:00-10:00am \$215
	10:15-11:15am \$175	10:15-11:15am \$215		10:15-11:15am \$215	10:15-11:15am \$205	10:15-11:15am \$215
	11:30am-12:30pm \$175	11:30am-12:30pm \$215		11:30am-12:30pm \$215		1:15-2:15pm \$215
						2:30-3:30pm \$215
Pre School 4-5 yrs	3:30-4:30pm \$175	4:00-5:00pm \$215	3:00-4:00pm \$215	3:00-4:00pm \$215	3:00-4:00pm \$205	
	4:00-5:00pm \$175		3:15-4:15pm \$215	4:15-5:15pm \$205	3:30-4:30pm \$205	
	4:30-5:30pm \$175		4:15-5:15pm \$215	4:45-5:45pm \$205	4:45-5:45pm \$205	
Co-ed Recreational 6-8 yrs (60 min and 90 min classes)	3:00-4:30pm \$260	3:00-4:00pm \$215	3:30-5:00pm \$325	3:15-4:45pm \$325	3:15-4:45pm \$305	9:00-10:30am \$325
	5:00-6:30pm \$260	3:30-4:30pm \$215	5:00-6:30pm \$325	5:00-6:30pm \$305	5:30-7:00pm \$305	11:00am-12:30pm \$325
	5:45-7:15pm \$260	4:15-5:15pm \$215		5:30-7:00pm \$305	6:00-7:00pm \$205	11:30am-1:00pm \$325
	6:45-8:15pm \$260	6:00-7:00pm \$215		6:00-7:30pm \$305		12:45-2:15pm \$325
		6:30-7:30pm \$215				2:30-4:00pm \$325
Recreational Boys Only 7-10 yrs			3:00-4:30pm \$325			
Co-ed Recreational 9-12 yrs (60 min and 90 min classes)	4:30-6:00pm \$260	5:30-7:00pm \$325	5:30-7:00pm \$325	3:00-4:30pm \$325	4:45-6:15pm \$305	11:00am-12:30pm \$325
	6:15-7:45pm \$260	5:15-6:15pm \$215	6:45-8:15pm \$325	6:45-8:15pm \$305	6:00-7:00pm \$205	12:45-2:15pm \$325
	7:30-8:30pm \$175	7:00-8:30pm \$325	7:00-8:30pm \$325	7:00-8:00pm \$205		2:30-4:00pm \$325
		7:30-8:30pm \$215				
Advanced Recreational 5-6 yrs				3:30-5:30pm \$395		
	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, learning Cartwheel on Floor, Bridge kickover, 5 hand pulls up the rope, 3 chin ups, lift toes to the bar, 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 you child meets these requirements, talk to their current coach.					
Advanced Recreational 6-9 yrs					4:00-6:00pm \$370	
	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, chin up pullover on bars, beat swings on bars, handstand on low beam, 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 you child meets these requirements, talk to their current coach.					
Advanced Recreational 9-12 years			6:30-8:30pm \$395			9:00-11:00am \$395
	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, Handstand to bridge, working on roundoff, be able to climb half way up the Rope, 5 chin ups, chin up pullover on bars, beat swings on bars, handstand on low beam, Left/Right/Middle splits (halfway down). Must be able to follow detailed instructions on technique and progressions and not be afraid. Ability to focus is required. If you are unsure if you child meets these requirements, talk to their current coach.					
Advanced Recreational 13-16 years				6:30-8:30pm \$370		
	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, Handstand to bridge, roundoff, be able to climb half way up the Rope, 6 chin ups, jump from low to high bar with a long hang swing, beat swings on bars, handstand on medium beam, cartwheel on low beam, Left/Right/Middle splits (halfway down). Must be able to follow detailed instructions on technique and progressions and not be afraid. Ability to focus is required. If you are unsure if you child meets these requirements, talk to their current coach.					
Co-ed Recreational 13-16 yrs	7:00-8:30pm \$260					
Adult Gymnastics			7:30-8:30pm \$215	7:30-8:30pm \$205		
Home School Gymnastics 6-12 yrs			11:30am-1:00pm \$325			
Parkour 6-8 yrs	3:00-4:00pm \$175	4:45-5:45pm \$215	5:30-6:30pm \$215			
	6:00-7:00pm \$175					
Parkour 9-12 yrs	4:15-5:45pm \$260				5:30-7:00pm \$305	
Parkour 13-16 yrs		7:00-8:30pm \$325				
Trampoline & Tumbling 6-9 yrs				5:30-7:00pm \$305		
Trampoline & Tumbling 10-16 yrs				7:00-8:30pm \$305		
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 fee of \$44 for all participants. This fee is good from September 1st, 2024 until August 31, 2025.						