

## FALL 2019 Program Schedule

September 3<sup>rd</sup> to December 9<sup>th</sup>

PROGRAM	PRICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYGNUS JUNIOR</b>								
<b>TIPSY TOSIES</b> 60 Minutes Co-Ed, Age 0-3 Parent-Participation Required				9:00			9:00	9:00
<b>ROLLIN' RASCALS</b> 60 Minutes Co-Ed, Age 3-4		10:00 11:00 2:00	10:00 3:30 11:00 4:30 1:00 5:30 2:00 6:30	10:00 11:00	1:00 3:00 4:00	10:00 11:00 1:00 2:00	10:00 2:00 11:00 3:00 12:00 4:00	10:00 11:00 1:00 2:00 3:00 4:00
<b>DARING DYNAMOS</b> 60 Minutes Co-Ed, Age 5		1:00 3:00 4:00	3:30 4:30 5:30 6:30	3:00 4:00	2:00	3:00 4:00	10:00 2:00 11:00 3:00 12:00 4:00	2:00 3:00 4:00
<b>CANGYM BEGINNER</b> 90 Minutes Co-Ed, Age 6-12			3:30 5:00 6:30				10:00 11:30 2:00 3:30	6:00
<b>CANGYM INTERMEDIATE</b> 90 Minutes Girls & Boys Age 6-12			3:30 5:00 5:00 (Boys) 6:30		7:00		10:00 10:00 (Boys) 11:30 2:00 3:30	6:00
<b>CANGYM ADVANCED</b> ____ Minutes Co-Ed, Age 6-12			3:30 (adv 1) 5:00 (adv 2)		7:00 (adv 3)		11:00(adv 1) 3:00 (adv 2) 6:00 (adv 4)	
<b>CYGNUS JUNIOR DROP IN PROGRAMS</b>								
<b>BABY DROP IN</b> 60 Minutes Co-Ed, Age 4 mths-walking		9:00						
<b>ACTIVE START DROP IN</b> 60 Minutes Co-Ed, Age walking – 5 years			9:00	1:00			1:00	
<b>ACTIVE KIDS DROP IN</b> 90 minutes Co-Ed, Ages 6-12							2:00 3:30	
<b>SPECIAL OLYMPICS</b> 60 Minutes Co-Ed, Age 2-6				2:00				
<b>CYGNUS MOVE</b>								
<b>TEEN GYMNASTICS</b> 90 Minutes Co-Ed, Age 13-18			8:00					
<b>ADULT OPEN GYM</b> 90 Minutes Co-Ed, Age 3-4					8:30			
<b>BOOTCAMP</b> 45 Minutes Co-Ed, Age 18+		12:15		12:15 8:15		12:15		
<b>FUNCTIONAL FITNESS</b> 45 Minutes Co-Ed, Age 55+				11:00				
<b>CYGNUS SPECIALTY PROGRAMS</b>								
<b>GERMAN WHEEL GYMNASTICS</b> 120 Minutes Co-Ed, Ages 11+				4:00				
<b>ADAPTIVE NEEDS</b> 60 Minutes Co-Ed, Age 6-18							5:00	

\*All members must pay Annual Registration Fee: \$35 Registration Fee (once per year), \$20 Facility Maintenance Fee (once per session) and Fundraising Fee \$30 (per session – Fall, Winter, Spring - per family)

\*\*Drop In First Class Fee - \$20 Total

Please note that all classes may be cancelled due to low enrolment or instructor availability.

IMPORTANT DATES		
START DATES	NO CLASSES	END DATES
Tuesday, September 3 Wednesday, September 4 Thursday, September 5 Friday, September 6 Saturday, September 7 Sunday, September 8 Monday, September 9	Tuesday, October 8 – Monday, October 14 <i>(Thanksgiving Day Week)</i> Tuesday, November 5 – Monday, November 11 <i>(Remembrance Day Week)</i>	Tuesday, December 3 Wednesday, December 4 Thursday, December 5 Friday, December 6 Saturday, December 7 Sunday, December 8 Monday, December 9