

GYMNASTICS - TUMBLING

Teresa Wanat, PED

THURSDAYS:

Parent/Tots	(2 & 3 yrs)	8:45 to 9:30 am
Tots	(4 & 5 yrs)	1:15 to 2:00 pm
After School	(6 & up)	2:15 to 3:15 pm
Tots	(4 & 5 yrs)	5:45 to 6:30 pm
Youth	(6 & up)	6:30 to 7:30 pm
Cheer Tumbling		7:30 to 8:30 pm

Starts: Thursday, Nov. 7 to Dec. 19, 2013 (7 weeks)

FRIDAYS:

Tots	(4 & 5 years)	1:15 to 2:15 pm	NEW
After School	(6 years & up)	3:15 to 4:15 pm	
AcroGym Choreograph Class		4:30 to 5:30 pm	

This fun combination of pyramid building, tumbling and dance gives you an opportunity to explore your choreography skills.

Starts: Friday, Nov. 1 to Dec. 20, 2013 (7 weeks)
(No class Nov. 29 – due to hall rental)

Cost: \$60/member, \$65/non-member of any community league

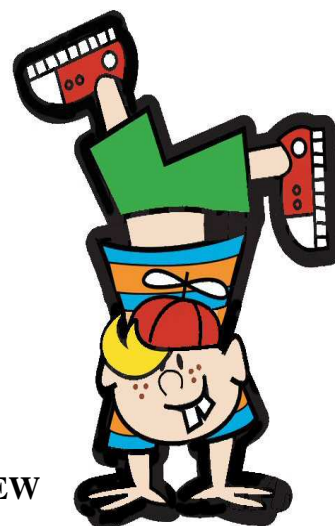
Instructor: Teresa Wanat, PED, 25 years coaching, NCCP III

To register or for more information contact:
Teresa @ (780) 444-6964 or email: teresaw780@gmail.com

Dynamos Performance Team: 55 years +

Join this co-ed team of energetic acrobatic performers.

When: Wednesday, 9:15 am to 11:00 am.
Cost: \$5/hour
Instructor: Teresa Wanat



NEW: KIDS CAN DANCE CLASS (5 to 7 years)

Have fun as you develop your rhythm & learn some new steps!

When: Tuesday, Oct. 15 to Dec. 17 (10 weeks)
Time: 5:15 to 6:00 pm
Cost: \$80 members, \$85 non-members
Instructor: Tamara (780) 265 –5566, info@taeaim.ca

NEW: B.L.B.- Butt, Legs & Belly Class (45 minutes)

Specially designed to shape up that butt, belly and legs of yours! Don't miss it!

*If you have a child 6 and up they could be taking a gymnastic class while you're upstairs whipping into shape!

Instructor: Tamara Anastova (780)265-5566, info@taeaim.ca
When: Thursday, 6:30 pm to 7:15 pm - Upstairs
Cost: \$8/class

DONATION NEEDED!

The gymnastics program is in need of a rebounder, bouncy thing. If you happen to have one laying at your home collecting dust we would really appreciate you donating it to the community league. Thanks.