



All participants are required to pay a Gymnastics BC annual insurance fee: \$50.00
 Gymnastics BC Yearly Insurance runs September - August

REGISTRATION ONLINE OPENS: AUGUST 24, 2023

SESSION DATES

SEPTEMBER 11TH - DECEMBER 22ND

**** We are closed on all Statutory Holidays**
**** September 29th / 30th, October 9th, & November 10th / 11th**

**** CLASSES WILL BE PAID ON A MONTH TO MONTH BASIS WITHIN OUR SESSION DATES**

*** Please be advised: if minimum class size is not met, classes may be cancelled**

PRICE LIST DOES NOT INCLUDED GST

PRE-KINDER PROGRAMS FOR AGES 12M - 5 YRS

PARENT & TOT FOR AGES 12M +	MON	TUES	WED	THURS	FRI	SAT	COST
Parent & Tot (12m+) 30 Minutes gross motor movement class with circuits on various gymnastics equipment.		10:30 - 11:00am					\$42.00 / Monthly
Parent & Tot (18m+) 30 Minutes gross motor movement class with circuits on various gymnastics equipment.		11:15 - 11:45am		10:30 - 11:00am	10:30 - 11:00am		\$42.00 / Monthly

PRE-CANGYM PROGRAMS FOR AGES 3 YEARS	MON	TUES	WED	THURS	FRI	SAT	COST
Pre-cangym (3 Years) 45 Minutes gross motor movement class with circuits on various gymnastics equipment. The child MUST be ready to participate without parents.				11:15am - 12:00pm	11:15am - 12:00pm		\$63.00 / Monthly

PRE-CANGYM PROGRAMS FOR AGES 4 YEARS	MON	TUES	WED	THURS	FRI	SAT	COST
Pre-cangym (4 Years) 60 Minutes gross motor movement class with circuits on various gymnastics equipment. The child MUST be ready to participate without parents.				12:15 - 1:15pm	12:15 - 1:15pm		\$85.00 / Monthly



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CANGYM PROGRAMS FOR AGES 5 - 12

BURGUNDY/ RED (Levels 1 - 2) For the beginner. Develop strength, flexibility, coordination, and balance on the bars, beam, floor, & vault.	MON	TUES	WED	THURS	FRI	SAT	COST
5-7 Years (1 hour class/week)	3:15 - 4:15pm		4:30 - 5:30pm	4:45 - 5:45pm		9:30 - 10:30am	\$85.00 / Monthly
8 & UP Years (1 hour class/week)	4:45 - 5:45pm	3:20 - 4:20PM		6:00 - 7:00pm			\$85.00 / Monthly
TAN/BRONZE (Levels 3 - 4) The next step in the cangym program. Must have completed levels	MON	TUES	WED	THURS	FRI	SAT	COST
5-7 Years (1 hour class/week)	3:30 - 4:30PM	4:45 - 5:45PM	5:45 - 6:45PM				\$85.00 / Monthly
8 & UP (1 hour class/week)	4:20 - 5:20PM		3:30 - 4:30PM			10:45 - 11:45AM	\$85.00 / Monthly
PURPLE (Levels 5) Must have completed levels 1-4 before moving to this class.	MON	TUES	WED	THURS	FRI	SAT	COST
8 & UP (1 hour class/week)			4:45 - 5:45PM				\$85.00 / Monthly
PURPLE/BLUE (Levels 5 & 6) Must have completed levels 1-4 before moving to this class.	MON	TUES	WED	THURS	FRI	SAT	COST
5-7 Years (1 hour class/week)		3:20 - 4:20PM				12:00 - 1:00PM	\$85.00 / Monthly
8 & UP (1 hour class/week)		6:00 - 7:00PM				2:30 - 3:30pm	\$85.00 / Monthly
PURPLE/ BLUE/ TURQUOISE (Levels 5 - 7) Must have completed levels 1 - 4 before moving to this class.	MON	TUES	WED	THURS	FRI	SAT	COST
5-7 Years (1 hour class/week)			5:30 - 6:30pm				\$85.00 / Monthly
BLUE/ TURQUOISE 2X/WEEK (Levels 6 & 7) Must have completed levels 5 before moving to this class.	MON	TUES	WED	THURS	FRI	SAT	COST
8 & UP (1 hour class/ 2x / week)		CLASS 1 3:20 - 4:20PM		CLASS 2 - 3:20 - 4:20PM			\$170.00 / Monthly



1-250-782-0844
 1300 104 ave Dawson Creek, BC
 E-mail: admin@milezeroacademy.com
 www.milezerogymnastics.com

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LIL NINJAS - is a beginner level to the ninja , which is inspired by gymnastics, martial arts, obstacle training and freestyle movement.	MON	TUES	WED	THURS	FRI	SAT	COST
LIL NINJA (3 - 5 YRS) (45 Minute class/week) AM		12:00 - 1:00pm					\$85.00 / Monthly
LIL NINJA (3 - 5 YRS) (45 Minute class/week) PM					3:30 - 4:30pm		\$85.00 / Monthly

NINJA TRAINING (Ages 5 - 12 Years) Children learn a combination of flips, rolls, jumps, kicks. Strength and agility are tested through obstacle courses and various training techniques.	MON	TUES	WED	THURS	FRI	SAT	COST
NINJA LEVEL 1 / 2 AGE 5-7 Years (1 hour class/week)					4:45 - 5:45pm	12:15 - 1:15pm	\$85.00 / Monthly
NINJA LEVEL 1 AGE 7 & UP (1 hour class/week)	6:00 - 7:00pm						\$85.00 / Monthly
NINJA LEVEL 2 AGE 7 & UP (1 hour class/week)				3:20 - 4:20pm	3:30 - 4:30 pm	1:15 - 2:15pm	\$85.00 / Monthly