



PONOKA GYMNASTICS

FALL 2026

www.ponokagymnastics.uplifterinc.com

gymnasticsponoka@gmail.com

403-783-1756

| Recreational Programs 15 Weeks | *AGF Admin Fee | Mondays Sept 14-Dec 14 *Omit Sept 7, Oct 12 | Tuesdays Sept 8-Dec 15 | Wednesdays Sept 9-Dec 16 *Omit Sept 30, Nov 11 | Thursdays Sept 10-Dec 17 | Fridays Sept 11-Dec 18 |
|--|----------------------|--|--|---|-----------------------------|-------------------------------------|
| JUNGLE GYM 18m - 3 years with caregiver Structured class (45 minutes/ week) | \$65 | | 9:15-10:00 5:15-6:00 \$195 | | | |
| PRESCHOOL 3 - 4 years (1 hour/week) | \$65 | 5:00-6:00 \$260 | 4:00-5:00 \$300 | | | |
| KINDER GYM 4 - 5 years (1 hour/week) | \$65 | 4:00-5:00 \$260 | 10:00-11:00 6:00-7:00 \$300 | | | |
| BEGINNER BADGES 1-2 5+ years Burgundy/Red (1 hour/week) | \$65 | 6:00-7:00 \$260 | 5:00-6:00 \$300 | | | |
| INTERMEDIATE BADGES 3-4 6+ years Tan/Bronze (1.25 or 1.5 hour/week) | \$65 | 7:00-8:30 \$351 | 4:00-5:15 \$375 | | | |
| ADVANCED BADGES 5+ 7+ years Purple+ (2 hour/week) | \$65 | | 5:15-7:15 \$510 | | | |
| GYM+ JR Replaces Go Ninja 3-4 years Using vault, floor, & bars/pit (1 hour/week) | \$65 | | 11:00-12:00 \$300 | 4:00-5:00 \$260 | | 4:00-5:00 \$300 |
| GYM+ Replaces Go Ninja 5-7 years Using vault, floor, & bars/pit (1 hour/week) | \$65 | 7:00-8:00 \$260 | | 4:00-5:00 \$260 | | 5:00-6:00 \$300 |
| GYM+ Replaces Go Ninja 8+ year Includes trampoline and pit (1.5hour/week) | \$65 | 7:00-8:30 \$351 | | | | |
| Developmental- Rodeo Queens NEW 6+ years 2 x/week by invite/tryout (1 day optional) | \$65 | | 6:00-7:30 \$720(2day) | | | 4:00-5:30 Included w/Tues |
| Developmental- Cowgirls NEW 4-6 years 1 x/week by invite/tryout | \$65 | | 4:00-5:15 \$375 | | | |
| Home School GYM+ 5+ years. All skill levels. (1 hour/week) Gymnastics and go ninja skills. | \$65 | | | 2:45-3:45 \$260 | | |
| Tumbling for Dance/Cheerleading 7+ years (1 hour/week) Using floor, pit, & mini tramp and more. | \$65 | | | | | 5:30-6:30 \$300 |
| Adult 16+ Gymnastics Adult, 16 years + Gymnastics, Ninja & Fitness (1.5 hour/week) | \$65 | | 7:30-9:00 \$405 | | | |
| Strength & Flexibility NEW Cross sport training for youth ages 10-16 (1 hour/week) | \$65 | | 7:30-8:30 \$300 | | | |



Scan QR code to register or visit ponokagymnastics.uplifterinc.com/registration
Please contact the office to register if you are using a funding program or need a payment plan

*All Classes are subject to change due to registration numbers

*AGF Membership/Insurance fee is non-refundable, paid yearly/person (July 1- June 30). Separate from program fees.

*\$200/family Fundraising Bond will be added to invoices at checkout and refunded when fundraising obligations are met