



PONOKA GYMNASTICS

SPRING 2026

www.ponokagymnastics.uplifterinc.com

gymnasticsponoka@gmail.com

403-783-1756

Recreational Programs 12 Week	*AGF & Admin Fee	Mondays Apr 6-Jun 22 (No classes May 18)	Tuesdays Apr 7-Jun 23	Wednesdays Apr 8-Jun 24	Thursdays Apr 9- Jun 25	Fridays Apr 10-Jun 26
JUNGLE GYM 18m - 3 years with caregiver Structured class (45 minutes/ week)	\$60		9:15-10:00 5:15-6:00 \$156			
PRESCHOOL 3 - 4 years (1 hour/week)	\$60	5:00-6:00 \$220	11:00-12:00 \$240	4:00-5:00 \$240		
KINDER GYM 4 - 5 years (1 hour/week)	\$60	4:00-5:00 \$220	10:00-11:00 5:00-6:00 \$240			
BURGUNDY/RED 5+ years Badges 1 & 2 (1 hour/week)	\$60	4:00-5:00 \$220	6:00-7:00 \$240			
TAN/BRONZE 6+ years Badges 3 & 4 (1 ¼ hour/week)	\$60	7:00-8:15 \$275	4:00-5:15 \$300			
ADVANCED Purple+ 7 years + Badges 5 & up. (2 hour/week)	\$60		5:15-7:15 \$408			
GYM+ JR Replaces Go Ninja 3-4 years Using vault, floor, & bars/pit (1 hour/week)	\$60	6:00-7:00 \$220				4:00-5:00 \$240
GYM+ Replaces Go Ninja 5-7 years Using vault, floor, & bars/pit (1 hour/week)	\$60		4:00-5:00 \$240	4:00-5:00 \$240		5:00-6:00 \$240
GYM+ Replaces Go Ninja 8+ year Includes trampoline and pit (1.5hour/week)	\$60	3:45-5:15 \$297				
Developmental *NEW 6+ years 2 x/week by invite/tryout (1 day optional)	\$60		6:00-7:30 \$612(2day)			4:00-5:30 Included w/Tues
Home School GYM+ 5+ years. All skill levels. (1 hour/week) Gymnastics and go ninja skills.	\$60			2:45-3:45 \$240		
Acro for Dance 7+ years (1 hour/week) Using floor, pit, & mini tramp and more.	\$60					5:30-6:30 \$240
Adult 16+ Gymnastics Adult, 16 years + Gymnastics and Ninja (1.5 hour/week)	\$60		7:15-8:45 \$324			
Strength & Flexibility *NEW Cross sport training for teens ages 12-17 (1 hour/week)	\$60		7:45-8:45 \$240			



Scan QR code to register or visit ponokagymnastics.uplifterinc.com/registration

All Classes are subject to change due to registration numbers

*Administration and Alberta Gymnastics Federation membership/insurance fee is non-refundable, paid yearly (July 1st - June 30) per child. Admin/AGF fee is not included in the tuition fees.

*\$100 Fundraising bond will be added to invoices at checkout and refunded when fundraising obligations are met
Please contact the office to register if you are using a funding program or need a payment plan