

2022-2023 Fall/Winter season

Saskatoon's First Multi-Sport and Cross-Training Studio
Channel Performance has partnered with local business and professionals. Channel Performance has established our own clubs/studios to build multi-sport athletes.

We offer individual discounts by the number of classes each athlete will register for.

Why Build a Multi-Sport Athlete?

Channel Performance has witnessed first-hand athletes improve faster in their specific sport by training the overall body. Teaching our athletes different patterns of movement activates all muscle groups, this has been proven to quickly fix an error of movement in one sport while training in another. This prevents stale and plateau training and allows an athlete to show steady progress.

Cross-training

Cross-training plays a crucial part to an athlete's training program. Strength training, flexibility; will reduce the risk of injury, and increases the range of motion. Performance psychology helps an athlete overcome mental blocks, persevere through hard times.

Monthly Fee's

First class \$50.00, second class \$36.00 three and more \$32.00 per month. Expenses do not include national & provincial sport organization fee's, costumes, equipment, competitions/meets, and exams.

Youth Track (12 and older; must be 12 by October 1st 2022) for training two days a week with SaskATF Track Club it's \$100.00 per month that we pay directly to their club for each athlete. Your monthly fee will be \$100.00 for youth track, first class with Channel Performance will be \$48.00, second class \$36.00, 3 and more \$32.00 per month.

10-week Programs

Ballroom

\$120.00 for one person, \$185.00 for 2 (friend/partner). 45-minute sessions. 18-75 years old.

Intelligence

\$150.00 for Babies, Tykes and Tots, 45-minute sessions, parented classes.

\$140.00, Intelligence Kids, 30 minutes, unparented classes.

Sports with Channel Performance

Channel Excellence Program- 10 disciplines; track, gymnastics, tennis, hands on cooking class, Pilates, yoga, karate, Multi-sport flexibility (Alix flexibility), Element Core Control, Public Speaking.

Circus Studio; Hoop (strength training; by using your own body weight)

Artistic, Rhythmic and Acro Gymnastics Club

Dance Studio; Ballet, Jazz, Hip Hop, and Acro

Performance Cheer; Hip Hop, Pom, Jazz (Teams U8, U12, U16, U18)

Ballroom Studio; Level A and B

Track Club; Junior and Youth

Intelligence; 3 months to 6 years old. Helping little ones reach their milestones in physical development. (Babies, Tykes, Tots and Kids)

Alix Flexibility; Multi- sport flexibility program. Takes one with no flexibility to a contortionist level. We offer 4 modules; classes are available to for athletes and Adults.

*****Age cut off for classes that have age requirements, December 31st 2022. For an example the child must be 4 years old before December 31st 2022 if the class says 4-6 year old's.

Youth track- must be 12 by October 1st 2022.

Any session that shows "U" in front of the age requirement means under. For an example U12 means under 12 years old.

Cancellation Policy- A doctor's note is required to be submitted to the office to cancel membership due to injury. We do not freeze memberships for family vacations, holidays, minor injuries, etc. Channel Performance offers monthly payments to our members in good faith you're committing to the full season. We understand unforeseen circumstances do happen; we require one month written notice by the 1st of the previous month in order to cancel membership for the following month.

Missed Classes- Every member will receive 2 drop-in sessions to try out another sport/session. (Only can be used within the same fall/winter season you have registered for)

If a class is missed, you can make up your classes in our other sports. You can only make up sessions within the season you have registered for. Contact Chantel in the office to see what class best suits your child's skill level.

Equipment, Provincial and National Organization Fee's- Once you register an email will be sent out with a list of required equipment, clothing needed for each class. Costumes/Uniforms and important dates for competitions, year-end show and holidays.

More information on Provincial and National Organization fee's (these fee's cover the athlete's insurance, allows them to compete and participate in club activities and be assessed by a professional).

Recommended classes to bundle together....

Gymnastics- 1-3 gymnastics classes per week, Alixa Flexibility, Channel Excellence program, Ballet, Hoop.

Performance Cheer- Alixa Flexibility, gymnastics/acro, Channel Excellence program, extra dance classes to work on technique, Hoop.

Track- Alixa Flexibility, Channel Excellence Program, Hoop.

Karate- Alixa Flexibility, Channel Excellence.

Artistic Sports- Performance Cheer (Pom to work on arms), Dance Class, Alixa Flexibility, Channel Excellence, Hoop.

Dance- Alixa Flexibility, gymnastics or acro, Channel Excellence Program, Hoop

Ballroom- Adult Alixa Flexibility, Body Sculpting

Circus- Alixa Flexibility, Performance Cheer, Dance class, Gymnastics

Highly recommended for all sports, Alixa Flexibility to lower their risk of injury, increase mobility. Our Channel Excellence Program helps athletes show steady progress in their specific sport or sports. By training the overall body you're strengthening all muscle groups and training different patterns of movement, by doing so you're increasing your child's physical development at a faster rate. Their body will catch on to new skills more quickly. This prevents stale and plateau training and allows an athlete to show steady progress.

Sport Science

Athletes who register for 5 classes a week will have one 15-minute session in performance psychology throughout the year.

Athletes who register for 7 classes a week will have two 15-minute sessions in performance psychology throughout the year.

Athletes who register for 9 classes will have two 15-minute sessions in performance psychology and one 15-minute nutrition session throughout the year.

Why National Sport Organizations are pushing multi-sport athletes

-MULTI-SPORT ATHLETES REDUCE THE CHANCE OF INJURY BY TRAINING THE OVERALL BODY (PHYSICALLY AND MENTALLY)

-LOOK FORWARD TO LEARNING AND ATTENDING PRACTICE

-STUDIES SHOW A FASTER INCREASE IN DEVELOPMENT IN THEIR SPECIFIC SPORT

-HAS A POSITIVE, HEALTHY MINDSET.

-COPING SKILLS; WITH SETBACKS, FACING FEAR

-GAINING LIFE SKILLS; GOAL SETTING, SPORTSMANSHIP, TEAM PLAYER