



2026-2027 Fall/Winter season

Saskatoon's First Multi-Sport and Cross-Training Studio

Channel Performance partners with local businesses and professionals and has established its own clubs/studios building multi-sport athletes!

We are offering individual discounts by the number of classes each athlete registers for.

Why Build a Multi-Sport Athlete?

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

Cross-training

Cross-training plays a crucial role in an athlete's training program. Strength training and flexibility will reduce the risk of injury as well increases range of motion. Performance psychology will assist an athlete overcome mental blocks and persevere through hard times.

Monthly Fees

First Class \$630.00- Monthly Fee over 9 months \$70.00

Second Class \$540.00- Monthly Fee over 9 months \$60.00

Three or more classes \$495- Monthly Fee over 9 months \$55.00

Example: 4 programs- monthly fee would be \$70.00+\$60.00+\$55.00+\$55.00

Based on 45 mins/1 hr classes

******Monthly Payments, 1st month and your last month program fees will be included on your first invoice.**

Those who have monthly fees over \$250.00 will only be invoiced 50% of their May fee in their first month. The 50% remaining will be invoiced in May****

Monthly Fees do not include national & provincial sport organization fees, costumes, equipment, competitions/meets, or exam expenses.

Late Fees- Monthly Payments are required to be paid by the 10th of each month. A \$30.00 late fee will be added after the 10th. If payment is not made within a reasonable amount of time Channel Performance may refer fees to collections or small claims.

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 complete month's written notice by the 1st of the previous month in order to cancel membership for the following month.

Refund Policy- You will receive a credit to your Channel Performance account to be used towards future fees.

Updated Policy* Missed Classes and Bonus Classes-** If a class is missed, you can make up your missed class **ONLY** in Alixa Flexibility for our 2026-2027 season.

If you have 100% attendance from Sept- December, January to March you will receive 1 bonus class of the athletes choice here at Channel Performance.

From April to May for those who have a 100% attendance will be entered to win a \$100.00 summer camp gift card. This gift card can only be used for our 2027 summer camp season. Your unable to transfer this gift card to another season.

Equipment, Provincial and National Organization Fees- Once you register, an email will be sent out with a list of required equipment and clothing needed for each class. Also, costumes/uniforms and important dates such as competitions, year-end show and holidays will be included.

Provincial and National Organization fees cover the athlete's insurance and allows them to compete and participate in club activities, as well as be assessed by a professional coach.

Open Studio- Practice session with a coach present to practice with all the kids. No private lessons are given at the time.

**Showcase date- Sunday, May 16th 2027- Hall A Prairieland
Attendance is mandatory for our year-end showcase**

Sports with Channel Performance

**Circus Studio: Hoop, Trapeze, Silks, Rhythmic and Acro Gymnastics Club
(Strength training; by using your own body weight)**

**Rhythmic Gymnastics
Artistic Gymnastics Club
Parkour
Tumbling
Twirling Baton**

**Skate Primal Performance- Skating School in Aberdeen- 15 mins from HWY 5
Performance Cheer: Hip Hop, Pom, Jazz (Teams U6, U8, U12)
Karate- 4 to 18 years old
Rhythmic Gymnastics**

Alixa Flexibility; Multi- sport flexibility program. Advances one with no flexibility to a contortionist level. We offer 4 modules; classes are available for athletes. Channel Performance is offering Alixa Flexibility as your bonus class. This program is offered with your membership.

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

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

Information on our sports...

Karate

Organization Fee- \$80.00

Gis- \$45.00-\$65.00

Channel Performance- Monthly fee will be invoiced at the beginning of the month. Payment needs to be paid by the 10th of each month.

Season begins in September
Wednesday evenings U15 & Saturday afternoons 5-6 yr. old's
Refer to our studio schedule for times
1 class per week. If you would like to do more training Channel Performance has partnered with Midwest Karate. Drop-in classes are available at Midwest Karate.

Parkour

Gym Sask Organization Fee; Recreational Gymnast- \$48.00 Parkour is street gymnastics, trained in running shoes.

Pathway to compete at competitions will now be offered for our upcoming season
2026-2027

Channel Performance- Monthly fee will be invoiced at the beginning of the month. Payment needs to be paid by the 10th of each month.

Season begins in September
Saturday mornings and Monday evenings
Refer to our studio schedule for times

Gymnastics

Gym Sask Organization Fee; Recreational Gymnast- \$48.00 based on last season's fees
Inter-club Gymnast; WAG; Xcel (bronze/silver), Interclub levels 1-4- \$94.00

New Leotard - \$93.50 GST & PST included
Used Leotard- varies on each family who is selling their used leotard

Competition Fees

Recreational competition based on last year's fees \$100.00 for the competition
Competitive- \$140.00 per competition (will vary)

Pre-competitive and Competitive Packages- Classes can be exchanged for another sport. You may also add or remove classes from the packages.

Recreational Gymnast

1 gymnastics class per week
\$70.00 per month
Gymnasts will require a club leotard
No Competitions

Gym Sask Annual Membership Fee \$48.00

Pre-Competitive Gymnast

1 Gymnastics class
1 hr Open Studio practice time on Fridays
\$100.00 per month
Gymnastics will require a club leotard
Will start to compete in Recreational Competitions
Gym Sask Annual Membership Fee \$48.00

Competitive Gymnast

1 Gymnastics class
1 Tumbling Class or 1 Circus class for strength training
1 hr Open Studio time on Fridays
\$160.00 per month
Gymnastics and Circus do require a club leotard for each.

Gym Sask Annual Fees...
Inter-Club Gymnast Excel- Bronze/ Silver \$94.00
Provincial Gymnast, Excel Gold/Platinum/Diamond)- \$166.00

Channel Performance- Monthly fee will be invoiced at the beginning of the month. Payment needs to be paid by the 10th of each month.

Season begins in September
Sundays, Tuesdays, Wednesdays and Saturdays
Refer to our studio schedule for times

Performance Cheer

Each member must register on their own with Cheer Sask and Cheer Canada. Last year's Cheer Canada and Cheer Sask fees were around \$45.00 for each cheerleader.

Club Member Fees

Music- \$30.00 per family

Competition entry fee- \$60.00 per event at each competition. (Example 1 team for 3 competitions \$180.00)

Music for competition and competition event fees must be paid by Nov.1st, 2027

Equipment

Costumes/Uniforms

U6 Pom- Uniform top \$126.88 and tutu rented from the studio
(Tutu deposit made by check for June 30th 2027 \$40.00, check will be returned when skirt is returned)

U8 Pom- Uniform top \$126.88 & skirt rented from the studio
(Skirt deposit made by check for June 30th, 2027, \$40.00, check will be returned when skirt is returned)

U12 Pom- Dance costume estimate \$140.00

Bloch #499 laceless tan jazz shoes- can be purchased at Dance Street
Poms- Last year Poms were around \$55.00

U6 Pom Prep- 1 competition (Warman)

U8 Pom 2 competitions (Warman & Provincials)

U12 Pom 3 competitions (Provincials, Moose Jaw & Warman)

Competitions 2026-2027 season

Provincials- Regina March, 2027

Best of the West- Moose Jaw Feb. 2027

Warman Cheer Classic- Warman March 2027

Performance Cheer U6 Pom

Monthly Fee- \$70.00 per month
45 min class

Performance Cheer U8 Pom

Monthly Fee- \$70.00 per month
1hr class

Performance Cheer U12 Pom

U12 Pom 1 hr Tuesdays and 1hr Thursdays plus 30 min Alixa Flexibility \$130.00 per month

Cheer Canada states an athlete can only be on 3 teams.

With Cheer being a team sport your commitment runs from September to the end of May to our year-end show. Your attendance for practice is mandatory. By joining our teams you're committing to attending at a minimum of 80% of your practices. Fail to follow through you won't be able to perform with your team at competition. Your absence at practice hurts your overall team. Skills can't be practiced, unison for overall team's routines falls behind, and your child's technique falls behind the rest of the group.

Channel Performance- Monthly fee will be invoiced at the beginning of the month. Payment needs to be paid by the 10th of each month. Season begins in September

Circus

Gym Sask Organization Fee- \$48.00 Based on last season's fees
Silks, Hoop, Trapeze, rhythmic and acro gymnastics

Standard Leotard new- \$93.50 GST and PST included

New Rhinestone Leotard optional for Monday, Wednesday and Sunday classes and mandatory for
Saturday & Thursday class \$136.00 GST and PST included

Leotard used- varies on each family who is selling their used leotard

Recommended but not required- Capezio Hanami Pirouette H064W

Channel Performance- Monthly fee will be invoiced at the beginning of the month. Payment needs to be
paid by the 10th of each month.

Season begins in September

Classes are based by age. Offered on Monday, Wednesdays, Thursdays and Saturdays.

Alixia Flexibility

Channel Performance Alixia Flexibility program. Each class with Channel Performance has a Flexibility
program scheduled around their class with Channel Performance. This is a bonus class for our athletes!

Pre- Competitive/Competitive Twirling and Rhythmic Gymnastics- Technique class in jumps and turns

Jazz & Ballet

-Bloch #499 laceless tan jazz shoes

-Rhythmic Gymnastics shoes/ lyrical dance shoe.

Can be purchased at Dance Street

Our dance stream is offered on Sundays. Our dance stream is a great program to also help rhythmic
gymnasts, and Twirling Baton athletes improve their musicality, technique and lines.

Channel Performance- Monthly fee will be invoiced at the beginning of the month. Payment needs to be
paid by the 10th of each month.

Tumbling & Acro skills

Gym Sask Fee- \$48.00 based on last season's fees
Or Cheer Sask/Cheer Canada Membership around \$45.00

Great program for those who want to strengthen & challenge the athletes dance, cheer, performance cheer and gymnastics floor skills and for those who enjoy tumbling.

Channel Performance- Monthly fee will be invoiced at the beginning of each month. Payment needs to be paid by the 10th of each month.

Season begins in September
Offered on Saturdays, Sundays and Mondays

Twirling Baton

Sask Twirling Baton membership fees
Recreational athlete \$10.00
Competitive athlete \$25.00-\$60.00

Recreational

Circus class, this class teaches the basics in Rhythmic gymnastics, strength training with silks, hoops and trapeze, baton and tumbling. Athletes are required to purchase a club leotard for our circus stream. This leotard does not change from year to year. You can purchase new or used, depending on availability.

Pre-competitive and Competitive Packages- Classes can be exchanged for another sport. You may also add or remove classes from the packages.

New! Updated June 4th Open Team Baton

Open Team Baton is an opportunity to perform as a group at competitions and performances. This is a new pathway to Twirling Baton.

Adding Sunday dance class is beneficial to the athlete. Baton is movement, jazz jumps and turns.

Pre-Competitive

1 Twirling Baton class (Thursday or Sunday) plus one dance class on Sundays. Bonus class 30 mins Alixa Flexibility
\$130.00 per month

Competitive

2 Twirling baton classes Thursday and Sunday plus one dance class on Sundays. Bonus class 30 mins Alixa Flexibility
\$185.00 per month

Wednesday evenings with Rhythmic Gymnastics (309 Fairmont Drive- Studio 1) we do have booked with higher ceilings. Rental per month is \$45.00. If you would like to practice with higher ceilings, please let Chantel know. We can add this in, in addition to your package.

Competition opportunities are only available for pre-competitive and competitive.

We will design a club leotard for the girls to have for group routines, competitions, and our year-end performance. Also, for those who want to do a solo athletes can use their club leotard to help save on costs without having to purchase a costume. You can then sell your leotard to another family.

New Leotard \$136.00

Club sweater is mandatory for pre-competitive and competitive

Batons- studio will supply one for practices. If you would like to purchase your own \$80-\$100.00 investment

Rhythmic Gymnastics Recreational

Circus class, this class teaches the basics in Rhythmic gymnastics, strength training with silks, hoops and trapeze, baton and tumbling. Athletes are required to purchase a club leotard for our circus stream. This leotard does not change from year to year. You can purchase new or used, depending on availability.

\$70.00 a month

Annual Gym Sask fee \$48.00

Leotard new- \$93.50 GST and PST included

New Rhinestone Leotard optional for Monday and Sunday classes \$136.00 GST and PST included

We will design a club leotard for the girls to have for group routines, competitions, and our year-end performance. Also, for those who want to do a solo athletes can use their club leotard to help save on costs without having to purchase a costume. You can then sell your leotard to another family.

Pre-competitive and Competitive Packages- Classes can be exchanged for another sport. You may also add or remove classes from the packages.

Pre-Competition

9-9:45am plus 30 mins of flexibility from 9:45-10:15am at the studio with equipment, Dance class- technique on jumps and turns Sundays 12:15-1pm, 1-1:30 Alixa Flexibility, \$130.00 per month

Recommended- one strength training class in circus or tumbling. If you would like to add an additional class its \$185.00 per month.

Gym Sask Membership Fee...

RG: Rhythm Cat-\$94.00

RG: P1-6, Masters-\$166.00

Competitive

309 Fairmont Drive- Studio 1, Wednesday evenings 6:30-9pm- 2.5 hours

Dance class at the studio- 1:30-2:15 technique on jumps and turns Sundays and 1-1:30pm in Alixa Flexibility – 1 hr and 15 mins

Saturdays at the studio -5:15-7:15pm, 2 hrs

309 Fairmont Drive- Studio 1, Sunday Evenings 5:30-7:30pm, 2 hrs

Bonus One open studio session for 1 hour for practice on Fridays at the studio

8 hours and 45 mins all together

Program Fee \$460.00

Rental Fee based on 8 students \$135.00 per month (this will vary depending on number of students)

Total \$595.00 per month

Gym Sask fee & competition fees are separate

Gym Sask Annual Membership Fee's...

RG: Rhythm Cat-\$94.00

RG: P1-6, Masters-\$166.00

Primal Skate Performance

Channel Performance has partnered with Primal Athletics to bring an affiliated Skate Canada Skating School to Saskatoon and area 15 mins from HWY 5. Our skating school runs out of Aberdeen Skating rink. Please check out Skate Primal Performance schedule at Primal Athletics website.

Year-round skating

Canskate

Star Skate & Competitive

(Dance, Skills and Free skate)

Skating Academy

Hockey Skating Skills

Chantel McDougall

Owner/Founder of Channel Performance

Advanced Coaching Diploma & Trained National Coach in Figure skating
Skating skills for hockey players, Alixa Flexibility, Intellidance (Grown up and Me),
Performance Cheer, Artistic Gymnastics, Rhythmic & Acro
gymnastics. Track, Circus & Parkour, Active Start, Cheer
Coach