



2025-2026 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 \$60.00, second class \$55.00 three or more classes \$50.00 per month.

Channel Performance takes your yearly amount owing and breaks it down into 9 month payments. To ease the financial pressure on our families.

Example: 4 programs- monthly fee would be \$60.00+\$55.00+\$50.00+\$50.00

******First payment includes September or October monthly program fee depending on when your program begins and your May monthly program fee. (1st month and your last month program fees will be included on your first invoice).**

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.

Missed Classes- If a class is missed, you can make up your classes from the other sports that we offer! You can only make up sessions within the season you have registered for. Contact Chantel in the office to see what class best suites your child's skill level. If you plan to make-up 3 or more of your make-up classes in one sport that has an organization fee, we will have to ask you to cover the organization fees for that specific sport. You can also transfer missed classes to siblings within the same family as the participant who has missed the classes.

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.

Sports with Channel Performance

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

Artistic Gymnastics Club, Parkour & Tumbling

Dance Studio: Ballet, Jazz, Hip Hop.

Performance Cheer: Hip Hop, Pom, Jazz (Teams U6, U12)

Cheer- (Teams U12)

Karate- 4 to 18 years old

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 U8 (5 to 8 yrs. old), U15 & Saturday afternoons 4-5 yrs. old
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.

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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 - \$77.70

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

Recreational competition based on last year's fees \$100.00 for the event, \$10-\$15.00 coaching fees

Competition in April- Taiso Competition

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Season begins in September

Sundays, Tuesdays, Wednesdays and Saturdays

Refer to our studio schedule for times

Cheer & Performance Cheer

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

Club Member Fees

Music/Coaching Fees for competition

U12 Pom for 3 competitions \$90.00 per student

U6 Pom 1 competition \$30.00 per student

If we over budgeted, you will receive a credit in the new year once expenses have been finalized

Competition entry fee- \$50.00 per event at each competition. (example 1 team for 3 competitions \$150.00)

Music/coaching fees for competition and competition event fees must be paid by Nov.1st, 2025

Equipment

Cheer

Uniform Top-\$96.05

Skirts- \$70.00

White cheer runners (Amazon sells them) and white ankle socks

Performance Cheer

U6 Pom- Uniform top \$96.05 & black leggings

U12 Pom- Dance costume estimate \$100.00

Bloch #499 laceless tan jazz shoes- can be purchased at Dance Street

Poms- Last year Poms were around \$45.00

U6 Pom Prep 1 competition (Warman)

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

U12 Cheer- 1-2 competitions, if they're ready. (Warman & Provincials)

Competitions 2026

Provincials- Saskatoon March, 21st
Best of the West- Moose Jaw Feb. 6th & 7th
Warman Cheer Classic- Warman March 6th-8th

Performance Cheer U6 Pom/Cheer Combo Class

Monthly Fee- \$60.00 per month
45 min class

Cheer- U12

Monthly Fee includes- 1 Tumbling class Saturdays or Mondays, Gymnastics class can be substituted for tumbling (Gym Sask fee will apply) and 1 Cheer Class on Thursdays \$115.00 a month

Performance Cheer U12 Pom

U12 Pom 1 hr Tuesdays and 45 mins Thursdays \$115.00 per month

Cheer Canada states a child 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.

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Season begins in September

Circus

Gym Sask Organization Fee- \$48.00 Based on last season's fees
Silks, Hoop, Trapeze, rhythmic and acro gymnastics
Leotard new- \$77.70

Leotard used- varies on each family who is selling their used leotard
Recommended but not required- Capezio Hanami Pirouette H064W

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Season begins in September
Classes are based by age. Offered on Mondays, Sundays and Thursdays.

Alixia Flexibility

Everyone who is 6 and older is eligible to join Channel Performance Alixa 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!

While registering for your class please check off the class you will be attending so we can keep track of attendance.

Dance Stream 14 and older

Jazz

-Bloch #499 laceless tan jazz shoes

-Capezio #2037 cloth ballet slippers- these are cloth slippers. We find this type of ballet slipper lasts longer and gives you more wiggle room as your child's feet grow.

Can be purchased at Dance Street

Our Jazz stream is offered on Sundays. Channel Performance dance stream is recreational. Our dance stream is a great program to also help skaters, dancers, cheerleaders and gymnasts improve their musicality, technique and lines.

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Tumbling

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 their dance, cheer, performance cheer and gymnastics floor skills and for those who enjoy tumbling.

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Season begins in September
Offered on Saturdays, Sundays and Mondays

Showcase date to be announced (usually around the last weekend in May)

Chantel McDougall

Owner/Founder of Channel Performance
Advanced Coaching Diploma & Trained National Coach in Figure skating
Certified Power skating, Alixa Flexibility, Intellidance,
Performance Cheer, Gymnastics, Track, Circus & Parkour
Coach