



2024-2025 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 \$50.00 three or more classes \$47.00 per month.

Example: 4 programs- monthly fee would be \$60.00+\$50.00+\$47.00+\$47.00

Cheer and Performance Cheer fees found on page 6.

******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.

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.

Youth Track (12 and older; must be 12 by October 1st 2024) train two days a week with SaskATF Track Club for \$250.00 for the entire year (based off of last year's fees).

6 to 10-week Programs

Intelligence & Grown Up & Me

Intelligence; 3 months to 4 years old. Helping little ones reach their milestones in physical development. (Babies, Tykes, Tots; Grown Up & Me)

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 3&4 yr. old's, U8, U12, U16, U18)

Cheer- (Teams U8 and U12)

Track Club: Junior and Youth

Karate- 5 years old to Adult

Intelligence; 3 months to 4 years old. Helping little ones reach their milestones in physical development. (Babies, Tykes, Tots; Grown Up & Me)

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

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

Recommended classes/sports to bundle together....

Gymnastics- 1-2 gymnastics classes per week, Alixa Flexibility, Ballet, Track (agility) and Circus (body strength).

Performance Cheer- Alixa Flexibility, Gymnastics, Dance classes on Fridays to (work on technique), Track (agility) and Circus (body strength), and Tumbling.

Cheer- Circus (strength), tumbling, Performance Cheer, Alixa Flexibility

Track- Alixa Flexibility, Circus (body strength), Parkour and Gymnastics. (parkour and gymnastics help with fundamental skills)

Karate- Alixa Flexibility, Circus, Track (agility) and Parkour.

Artistic Sports- Performance Cheer (Pom to work on arms), Dance; Ballet and Jazz, Alixa Flexibility, Gymnastics, Track (agility) and Circus (body strength).

Dance- Alixa Flexibility, Gymnastics, Circus (body strength), Track (agility) and Performance Cheer, and Tumbling.

Circus- Alixa Flexibility, Performance Cheer, Dance class, Gymnastics and Tumbling.

Parkour- Track (agility), Karate (discipline & training their centre mass), Alixa Flexibility and Gymnastics or Tumbling.

Alixa Flexibility is highly recommended for all sports to lowers the athlete's risk of injury and increases mobility. By training the overall body you're strengthening all muscle groups and training different patterns of movement, 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 succeed with a steady progress.

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 October

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.

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 October

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 \$75.00 for the event, \$10-\$15.00 coaching fees

Competition in April- Taiso Competition

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

Cheer & Performance Cheer

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

Club Member Fees

Music/Coaching Fees for competition (4 competitions)- U8, U12 teams for Cheer & Performance Cheer (U8, U12) \$100.00

Competition entry fee- \$50.00 per event at each competition. (example 1 team for 4 competitions \$200.00, 3 teams for all 4 competitions \$600.00)

Music/coaching fees for competition and competition event fees must be paid by Nov.1st, 2024

Equipment

Uniform Top-\$96.05

Skirts- \$70.00

White runners and socks for Cheer

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

Poms- Last year Poms were around \$45.00 for Performance Cheer

4 competitions...Cheer U8, U12 Teams. Performance Cheer U8, U12 Pom & Jazz Teams will do all 4 competitions.

U16 Jazz and Pom will only be doing Provincials

Winter Knockout- Warman

Provincials- Regina

Best of the West- Moosejaw

Warman Cheer Classic- Warman

Performance Cheer 3 & 4 yr. old's

Monthly Fee- \$60.00 per month

45 min class

No competitions

Cheer- U8 (2016-2020 5-8yrs old) & U12 (2012-2017 8-12yrs old)

Monthly Fee includes- 1 Tumbling class on Saturday and 1 Cheer Class on Sundays \$110.00 a month

Performance Cheer U12 Pom & Jazz (2012-2017 8-12yrs old)

U12 Pom 1 hr Tuesdays- \$60.00 per month

U12 Jazz 1 hr Tuesdays- \$60.00 per month

Add both teams receive 10% off

U16 Jazz & Pom (2008-2013 12-16yrs old)

U16 Jazz 1.5 hours Jazz turns and Jumps & Jazz practice on Thursdays - \$95.00 per month

No competitions

Cheer Canada states a child can only be on 3 teams. If you want to add Pom, Jazz, and Cheer U12 you will receive 10% off your monthly payment. If you wanted to add circus, gymnastics or any other additional programming to your child's program. You will then be invoiced for either our second program fee \$50.00 if your first program is 1hr long, for our third program fee if its longer than an 1hr and 15 mins then it will be \$47.00 for any additional class after.

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

Leotard new- \$77.70

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

Alixa Flexibility

Multi-sport flexibility program- 4 modules

Takes you from no flexibility to contortionist

Channel Performance- Monthly fee will be invoiced at the beginning of the month.

Payment needs to be paid by the 10th of each month.

Athlete and Adult Program is available

Season begins in September

Dance Stream

Ballet

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 dance stream trains Friday evenings. 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.

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

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.

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

Showcase date to be announced

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