



## **2023-2024 Fall/Winter season**

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

**Channel Performance** partners with local business 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 that athletes will 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 and allows an athlete to show steady progress.

### **Cross-training**

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

### **Monthly Fees**

**Receive 10% off of your 2023-2024 monthly fees by registering between June 1<sup>st</sup>- June 30<sup>th</sup>.**

**Receive 5% off of your 2023-2024 monthly fees if you register between July 1<sup>st</sup>- August 31<sup>st</sup>.**

**Discounts don't apply to Running Wild Athletics Club, Youth Track Fees.**

***First class \$55.55, second class \$43.33 three or more \$41.11 per month.***

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

**Youth Track (12 and older; must be 12 by October 1<sup>st</sup> 2023)** train two days a week with Running Wild Athletics Club (RWAC) \$250.00 based off of last year's winter season. Fees are yet to be established for 2023-2024 season. Channel Performance Discount doesn't apply to RWAC fees.

Fee guideline for those looking to add Channel Performance programs in addition to your youth track training. Discounts apply if you registered in June or July 2023... One class with Channel Performance is \$53.33, second class \$43.33, three or more classes \$41.11 per month.

## **10-week Programs**

### **Intellidance & Grown Up & Me**

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

10% off for those who register between July 1<sup>st</sup>- August 15<sup>th</sup>, 2023

5% off of those who register between August 15<sup>th</sup>- September 15<sup>th</sup>, 2023

\$169.00 for Babies, Tykes

\$217.00 Tots (Grown Up and Me), 45-minute sessions, Gymnastics/ Intellidance, parented program, Gym Sask Fee \$48.00 + Program \$169.00 (% is removed off the program fee. We are unable to adjust Gym Sask fee)

### **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)**

**Track Club; Junior and Youth**

**Karate- 4 yrs old to Adult**

**Intellidance;** 3 months to 4 years old. Helping little ones reach their milestones in physical development. (Babies, Tykes, Tots; Grown Up & Me) Please refer to the website for more information.

**Alixia 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.

\*\*\*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 complete month’s written notice by the 1<sup>st</sup> 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 with our 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.

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

### **Recommended classes/sports to bundle together....**

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

**Performance Cheer-** Both practices for performance cheer for U12 and older, Alixa Flexibility, Gymnastics, Dance classes on Fridays to work on technique, Track (agility) and Circus (body strength), and Tumbling.

**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.

Highly recommended for all sports is Alixa Flexibility 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, 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 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

**New!** Channel Performance Preschool; on physical literacy

Check our out our preschool brochure on our website

(website [www.channelperformance.ca](http://www.channelperformance.ca) , click on our programs page)



Information on our sports...

## Power Skating Camps Registration is now open!!

### Karate

Organization Fee- \$80.00

Gis- \$45.00-\$65.00

Then your monthly fee with Channel Performance. Channel Performance will invoice at the beginning of each month. Payment needs to be paid by the 10<sup>th</sup> of each month.

Season begins in October

1 class a week, if you would like to do more training a week, because Channel Performance has partnered with Midwest Karate, you can pick-up drop-ins classes at Midwest Karate.

### Parkour

Gym Sask Organization Fee; Recreational Gymnast- \$48.00

Parkour is street gymnastics, trained in running shoes.

Then your monthly fee with Channel Performance. Channel Performance will invoice at the beginning of each month. Payment needs to be paid by the 10<sup>th</sup> of each month.

Season begins in October

## Gymnastics

Gym Sask Organization Fee; Recreational Gymnast- \$48.00

Inter-club Gymnast; WAG; Xcel (bronze/silver), Interclub levels 1-4- \$94.00

Leotard new- \$77.70

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

Then your monthly fee with Channel Performance. Channel Performance will invoice at the beginning of each month. Payment needs to be paid by the 10<sup>th</sup> of each month.

Dates to be announced for competitions.

Season begins in September

## 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 \$20.00 for each cheerleader.

Uniform Top-\$96.05

Poms- Last year Poms were around \$45.00

Black leggings

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

**4 competitions**...(Pom and Jazz Teams)

Winter Knockout- Warman

Provincials- Saskatoon

Best of the West- Moosejaw

Warman Cheer Classic- Warman

Then your monthly fee with Channel Performance. Channel Performance will invoice at the beginning of each month. Payment needs to be paid by the 10<sup>th</sup> of each month.

Season begins in September

## Circus

Gym Sask Organization Fee- \$48.00

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

Then your monthly fee with Channel Performance. Channel Performance will invoice at the beginning of each month. Payment needs to be paid by the 10<sup>th</sup> of each month.

Season begins in September

## Alixa Flexibility

Multi-sport flexibility program- 4 modules

Takes you from no flexibility to contortionist

Athletes program; Monthly fee with Channel Performance. Channel Performance will invoice at the beginning of each month. Payment needs to be paid by the 10<sup>th</sup> of each month.

Adult Program: Term 1 (Sept- December), Term 2 (Jan-April) and Term 3 (May-June)- Payment made in full for each Term or can commit to a monthly payment plan. Channel Performance will invoice at the beginning of each month. Payment needs to be paid by the 10<sup>th</sup> of each month.

Season begins in September

## Track

Track Organization Fee for a recreational athlete- \$3.00

U12- \$55.00

U14- \$65.00

U16- \$80.00

U18- \$95.00

Based off of 2023 season fees

Junior Track 5-11 years old train at the studio

Youth Track 12-18 years old train at the Field house  
with our partnering club RWAC

\$55.55 annual membership fee if you only choose to be in our Youth Track.

Membership includes...

-Allows you to make up classes in our other programs

-To be on our primary list for our Bartending fundraising stream

Season begins...

Junior Track- October

Youth Track- November

## Dance Stream

Ballet

Jazz

Hip Hop

*-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.

Season begins in September



Then your monthly fee with Channel Performance. Channel Performance will invoice at the beginning of each month. Payment needs to be paid by the 10<sup>th</sup> of each month

## Tumbling

Gym Sask Fee- \$48.00

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

Season begins in September

Then your monthly fee with Channel Performance. Channel Performance will invoice at the beginning of each month. Payment needs to be paid by the 10<sup>th</sup> of each month

**Year-end show May 31<sup>st</sup> June 1<sup>st</sup>, 2<sup>nd</sup> 2024**

### **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