

## PRE-SCHOOL AND KINDERGYM PROGRAMS



### Parent and Tot Classes

Ages: 18 months – 3 years

Mom or Dad participates along with their little one in this fun, playful class. This program is an introduction to movement, body awareness, coordination and social interaction through a variety of games, activities and circuits on our modified gymnastics equipment. Only one child per adult please. What a great opportunity to spend special time with your toddler!

45 minute class

Requirements: Walking independently

### Junior and Senior Kindergym

Ages: Junior 3 -4 years

Senior 5 years

Children will receive an introduction to gymnastics through circuits on our modified gymnastics equipment, including the trampoline, mini-rings, low bars and low beams. Classes begin with a group warm up, and each week new skills are introduced through theme based activities. In addition to acquiring basic gymnastics skills, the junior and senior kindergym programs encourage peer interaction, gross motor movement, fun and fitness.

60 minute class

Requirements: Must be toilet trained

# ADVANCED KINDERGYM PROGRAM



## **Advanced Kindergym 1**

Ages: 3 – 5 years

The advanced kindergym 1 class is for young children who may be physically advanced for their age, and require a substantial challenge in the gym. In addition to learning basic gymnastic skills, these gymnasts improve their strength, flexibility and coordination through a fun, diverse and structured program. This class serves as a feeder system to our advanced kindergym 2 and pre-competitive programs. Children must be evaluated and recommended prior to entry into this class.

2 hour class

## **Advanced Kindergym 2**

Ages: 4 - 6 years

The advanced kindergym 2 class is a fun, challenging and structured program that builds on the introductory skills that gymnasts have acquired in advanced kindergym 1. Gymnasts attend these classes twice a week, for two hours each day. This class serves as a feeder system to our pre-competitive program.

2 hour class, twice a week

# RECREATIONAL GIRLS GYMNASTICS PROGRAMS

## Novice Recreational Girls Gymnastics

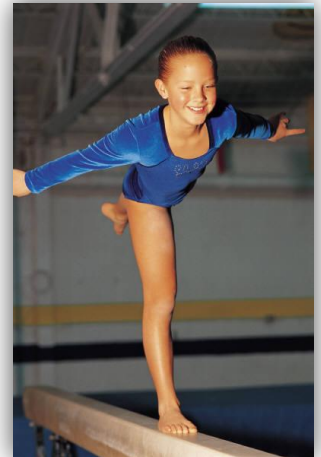
Ages: 6 – 8 years

Young girls learn elementary gymnastics skills in this fun-filled program! This is a 90 minute class which offers basic instruction on the vault, uneven bars, balance beam, floor, and trampoline. Girls will receive progress reports based on CANGYM level 1 – 3 skills.  
90 minute class

## Junior Recreational Girls Gymnastics

Ages: 9 – 11 years

This class is for girls, ages 9 - 11, who are interested in improving their basic gymnastics skills. Whether a beginner, or a returning recreational athlete, these girls will enjoy their time swinging and cartwheeling with us during this exciting 2 hour class. Progress reports based on CANGYM levels 4 – 6 will be received at the end of the session.



## Senior Recreational Girls Gymnastics

Ages: 12 and up

Girls, ages 12 and up, will learn more advanced skills and strive for CANGYM badges 7+ in this 3 hour class. The advanced girls' program is geared to those gymnasts who want to see how much they can learn in a purely recreational environment. Beginners are welcome, and skills and progress reports will be modified as required. This is a great way to stay fit and have fun!  
3 hour class

# RECREATIONAL RHYTHMIC GYMNASTICS PROGRAMS



Rhythmic gymnastics is the discipline that uses ribbons, hoops, balls, ropes and clubs to combine artistry with athleticism. These athletes will dance and leap in our upstairs rhythmic / dance room.

## **Kinder Rhythmic**

Ages: 3 - 5 years

Young children will be introduced to rhythmic gymnastics in this fun and playful class. They will have the chance to try out the ribbon, the rope, the ball, and the hoop while moving to the beat of music.

60 minute class

## **Beginner Rhythmic**

Ages: 6 years and up

Beginner rhythmic skills are introduced in this gymnastics program. Children enjoy learning proper technique, combined with dance movements, while using the ribbon, the rope, the ball, and the hoop. These gymnasts also work on acro skills and flexibility to enhance their rhythmic routines.

90 minute class

# RECREATIONAL BOYS GYMNASTICS PROGRAMS



## Junior Recreational Boys Gymnastics

Ages: 6 – 8 years

Boys, ages 6 - 8, will be in same-sex classes that will follow our national CANGYM program to learn the basics of gymnastics. This is a 90 minute class that will offer basic instruction on vault, high bar, parallel bars, rings, pommel horse, floor and trampoline. Children will receive progress reports based on CANGYM level 1 – 4 skills

90 minute class

## Senior Recreational Boys Gymnastics

Ages: 9+

This class is for boys, ages 9 and up, who are looking for a more challenging program that emphasizes strength, power, flexibility, fun and fitness. Boys will learn to build on basic gymnastics skills on the men's apparatus. They will receive progress reports based on CANGYM levels 5 and up. Beginners are welcome to join this class and the program will be modified as required.

2 hour class

# RECREATIONAL TRAMPOLINE AND TUMBLING

## Kinder Bounce

Ages: 3 – 5 years

Little ones will learn the basics of trampoline, including important safety guidelines. They will enjoy bouncing with us in this fun, controlled environment.

60 minute class

## Recreational Trampoline

Ages: 6 years and up

Come bounce with us on our twin in-ground trampolines! Girls and boys, ages 6 and up, are invited to join our 60 minute trampoline classes to learn the basics of bounce.

60 minute class

## Teen Trampoline and Tumbling

Ages: 12 and up

Boys and girls, ages 12+, may participate in this 60 minute class that emphasizes the foundations of both trampoline and tumbling. This would be a beneficial program for dancers and cheerleaders who wish to learn more acrobatic skills!

60 minute class



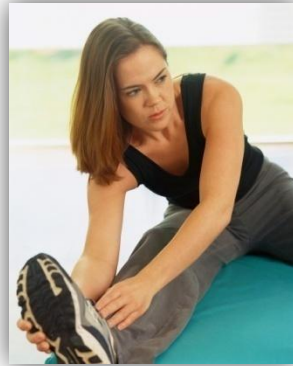
## Recreational Power Tumbling

Ages: 7 and up

Boys and girls, ages 7 and up, can improve their tumbling skills in this 60 minute recreational power tumbling class. This is a great class for young cheerleaders, or anyone who loves to flip!

60 minute class

## TEEN / ADULT CLASSES



### Adult Gymnastics

Ages: 16 years and up

This is a self-directed program specifically designed for adults who wish to develop and refresh their gymnastics skills. Adults are welcome to train on the events of their choice, while being overseen by a certified instructor. Come and feel the thrill of flipping and swinging like you did as a kid!

90 minute class

### Adult Fitness Classes

Ages: 16 years and up

Adults are invited to join this body sculpting and core fitness program, led by a certified fitness instructor. This class will focus on strengthening and toning muscles, through the use of stability balls, hand weights and core strength exercises. This is a great opportunity for parents to exercise while their kids are in the gym!

60 minute class