

School Age Gymnastics Age 6 and older

Programs for age 6 & over is based on **Gymnastics Canada's Programming**.

No Olympian got to where they are by jumping ahead to the top tier

Foundations is based on the Can Gym program set up by Gymnastics Canada. There are 3 levels of badges in this program (Burgundy / Red / Tan) in the foundations class from beginner to advanced. Your gymnast will be learning the fundamentals of gymnastics through skills specific to the badge they are working on with the use of all the artistic apparatus. Once an athlete has mastered all key badge skills they advance to the next badge level, which means that athletes progress at an individual pace. There is no set time that athletes progress through badges or levels, some children may complete the required skills for a level over one session while others may take several terms to complete a specific badge. Badges typically take longer to complete the higher the levels. The foundation of sport begins here.

Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills to advance safely. The JO program is structured to promote continuous skill progression at a series of skill levels. To move into this program the athlete must have completed all three levels of the Foundations program. The program allows the gymnast to advance at her own pace with the emphasis on correct technique.

Trampoline & Tumbling

The Junior T&T class is for the younger athlete, the program helps develop strength, coordination and flexibility while emphasizing technique and body position. This program is a great introduction to learning skill on trampoline, tumbling, and double mini trampoline.

The Intermediate T&T program is for athletes who have mastered the fundamental skills of recreational T&T and are ready to advance. The class is designed to develop the athletes independent work ethic, emphasis placed on developing strength, power, and correct technique. The program will focus on flexibility, co-ordination, and balance through curriculum-based lessons.

The Senior T&T program is for the older athlete and like the intermediate level is designed to develop the athletes independent work ethic, emphasis placed on developing strength, power, and correct technique, with the focus on flexibility, co-ordination.

Multi Discipline program is for the older beginner gymnasts that does not want to start in the foundations level. The program combines both the artistic and trampoline & tumbling programs working at the different levels of athlete needs. There is no progress reporting for this program. Athlete will develop increased strength, flexibility, and coordination.

Each athlete will be individually assessed and receive a progress report at the end of each session for all the above programs except for the Multi class.