

Active Start - Preschool Gymnastics Age 5 and under

Programs for age 5 & under based on **Gymnastics Canada's Active Start Program**.

Active Start classes use structured play – climbing, running, rolling, and jumping – in our coach-led classes to develop the ABCs of physical literacy: agility, balance, coordination, and speed. Kids have fun through creative play incorporating the use of imagination and develop social skills like sharing and taking turns, while preparing for a lifetime of physical activity.

Please refer to the following class information to help you know where to register your child.

Baby-Bee Ages walking to 2-yrs (parent assisted)

As soon as your child is ready to walk they are ready for gymnastics! Baby-Bee is a introduction to physical literacy through gymnastics where you and your child learn gymnastics and play together in variety of fun movement, music, and interactive activities. Our main goal in this class is to have fun while exploring a wide variety of movement concepts and skill in a safe and positive learning environment. **Length:** 30 min/Once per week

Tumble-Bug Age 2 & 3 (parent assisted)

This parent assisted class is structured to teach your little ones how to follow simple circuits and interact with other children in a sport setting. Awareness & discovery will help your little one to discover how their bodies can relate to objects around them by going on, under, over, through & upside down. Perfect for energetic toddlers to get an early start on an active lifestyle and development of physical literacy. **Length:** 45 min/Once per week

Tumble-Bear Age 3 & 4

This class is geared for an active and independent 3 & 4-year-olds who wants to run, jump, hang, swing, balance, tumble and climb through challenging and fun circuits on all apparatus. Your child will be introduced to the fitness & fundamentals of gymnastics preparing them for more advanced skills, technique, and confidence through our planned circuits. **Length:** 45 min/Once per week

Super-Bear Age 4 & 5

Designed for 4-year old's who have participated in our T-Bear program for a couple of sessions already and 5-year old's returning or new to gymnastics. The focus for this class is on developing skills necessary to advance into the Recreational Can Gym Program. There is a greater emphasis placed on correct technique, strength, balance & self-confidence in a fun, friendly & safe environment. **Length:** 1 hour/once per week

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 (Girls ages 6 to 8 & Boys ages 6+) 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 (vault, bars, beam, floor). 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. **Length:** 1 hour/once per week

NEW – We are switching from the Recreational Junior Olympic program to Recreational Xcel – Girls ages 9+

The main difference between JO and Xcel is that JO is compulsory, meaning every athlete must learn the exact same skills and routines. Xcel is optional so the coach has more flexibility in choosing skills for the athletes to work on based on their strengths and interests. For example, the first level of JO only has one vault option, whereas the first level of Xcel has two options to choose from. The first level of JO Beam routine is a series of skills that must be performed in order, whereas in the first level of Xcel beam the coach and athlete can make up a routine as long as it has all of the required skill with the use of all the artistic apparatus (vault, bars, beam, floor). **Length:** 1.5 hour/once per week

Trampoline & Tumbling Boys & Girls this program helps develop strength, coordination and flexibility while emphasizing technique and body position. This program to learn skills on trampoline, tumbling, and double mini trampoline. **Length:** 1 hour/once per week

Multi Discipline – Girls Ages 10+ 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. **Length:** 1.5 hour/once per week

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.