

## **CLASS DESCRIPTIONS**

*Prices are listed on the registration page after choosing a session.*

*Whether a class will run is based on enrolment!*

*All class days/times and prices can be found on our registration page. You must choose a session and then choose a class for specific information to be listed.*

### **Parent & Baby**

This class is for 18 – 24-month-old toddlers. The class duration is 30 minutes. The coach will guide the parent & baby through a variety of age-appropriate activities on our Kinder-sized equipment. This class is all about a fun introduction to the sport of gymnastics!

### **Parent & Tyke**

This class is for independent 2-year-olds and younger 3-year-olds with the help of one adult. It is a 45-minute class where the coach guides the parent & tyke team in various activities and on a variety of kinder equipment. The goal is to teach the little ones to listen, follow direction, stay with the group and **have fun!**

### **Taiso Tykes 3**

This class is for 3 years old, beginner boys and girls. The class duration is 45 minutes. They will learn the fundamentals of gymnastics through a variety of activities on and off the equipment. The activities are focused on what is age appropriate and the safety of the athlete. Emphasis is on **FUN!**

### **Taiso Tykes 4**

This a beginner class for 4-year-old boys and girls. Like the Kinder 3 class, it is a 45-minute class where athletes will learn the fundamentals of gymnastics through a variety of activities on and off the equipment. The activities and expectations are focused on what is age appropriate and the safety of the athlete. Once again, the emphasis is on **fun!**

### **Beginner Recreational Gymnastics**

There are Co-ed classes for 5 – 7-year-olds or 8 years and older. Athletes will learn the fundamental of recreational gymnastics using the CANGYM National Badge Program created by Gymnastics Canada. Athletes in Beginner will be working on the first two badges – burgundy & red. Each badge contains at least 20 skills and progressions selected to help the participants move smoothly from one level to the next. All skills must be successfully completed to move to the next badge level.

### **Intermediate Recreational Gymnastics**

This is an intermediate program for both boys and girls. Athlete must have either a red or a tan Cangym badge to enrol in this class. Athletes will be working on the Tan and the Bronze Cangym badge in this class. Each badge contains at least 20 skills and progressions selected to help the athletes move smoothly from one level to the next. All skills must be successfully completed to move to the next badge level.

### **Advanced Recreational Gymnastics**

This is an Advanced program for either boys or girls. Athletes must achieve their Bronze CanGym badge prior to registering. Athletes in the Advanced class will be working on the 5<sup>th</sup> – 10<sup>th</sup> badges, purple through yellow. Each badge contains at least 20 skills and progressions selected to help the athletes move smoothly from one level to the next. All skills must be successfully completed to move to the next badge level.

### **Homeschool Preschool**

This is a Coed class for 3- & 4-year-olds. The athletes will learn the fundamentals of gymnastics while learning to be part of a group – following directions, taking turns, etc.... Our priority is fun, fitness and fundamentals.

### **Homeschool Gymnastics**

This is a Coed class for 5-year-olds and older. The athletes will participate in activities on all types of equipment including the trampolines and foam pit. They will learn the building blocks of gymnastics with an emphasis on learning through fun, fitness, and fundamentals.

### **Teen class**

This class is designed for athletes 12 and older, who would like to try gymnastics. No experience is necessary as each athlete will train to their own potential. The class is self-driven, with the guidance and direction of the coach. All events will be used including trampoline and foam pits. Our emphasis is FUN, fitness, and fundamentals.

## **Acro & Tumbling – Intermediate & Advanced groups**

These classes are designed for athletes who want to improve their skill set and experience in tumbling. It is not limited to cheerleaders or dancers – anyone interested in working intermediate level tumbling skills are welcome. Athletes will have access to the rod floor, spring floor, air floor, tumble trak, trampolines and foam pits.

Intermediate class requires consistent handstands, bridges, and cartwheels.

Advanced class requires consistent round-offs. Athletes will begin work toward handsprings and further skills.

Please note that this is **NOT** a beginner level class. Athletes should have a good handstand and cartwheel and be prepared to work to the next level!

## **Adult Gym Fitness**

**Not offered in every session. Please check the registration page.**

This is a Coed class for athletes 16 years and older. It is designed to teach fitness and fundamentals to adult participants. Emphasis will be placed on strength and flexibility followed by individual gymnastics progression. The first hour will be structured, followed by an ½ hour of free training time.