

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 & Tot

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 & tot 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!**

KinderGym 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!**

KinderGym 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!**

Class A

This class is Co-ed for 5 – 7-year-olds. Athletes will learn the fundamental of recreational gymnastics using the CANGYM National Badge Program created by Gymnastics Canada. Athletes in Class A will be working on the first four badges – burgundy, red, tan and bronze. 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. **The main difference between Class A and Class B is age!**

This class is divided into specific groups, based on badges.

No Badge/Burgundy badge is for athletes who have not earned a badge **or** have earned the burgundy badge. They will be working on either the burgundy or the red badge.

Red/Tan badge is for athletes who have earned the red or the tan badge. They will be working on either the tan or the bronze badge.

Mixed badge is a class where there is the possibility of working all 4 badges. This is based on the class mix during each specific session.

Class B

This is a Co-ed class for 7 years and older. Athletes will learn the fundamental of recreational gymnastics using the CANGYM National Badge Program created by Gymnastics Canada. Athletes in Class B will be working on the first four badges – burgundy, red, tan and bronze. 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. **The main difference between Class A and Class B is age!**

This class is divided into specific groups, based on badges.

No Badge/Burgundy badge is for athletes who have not earned a badge **or** have earned the burgundy badge. They will be working on either the burgundy or the red badge.

Red/Tan badge is for athletes who have earned the red or the tan badge. They will be working on either the tan or the bronze badge.

Mixed badge is a class where there is the possibility of working all 4 badges. This is based on the class mix during each specific session.

Class C

This is an intermediate program for either boys or girls. Athletes must achieve their bronze CanGym badge (badge 4) prior to registering. Athletes in Class C will be working on the 5th – 10th 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 – Junior and Senior groups

These classes are designed for athletes 7 – 10 years (junior) or 10 years and older (senior) 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.

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.