



### Parent and Tot (PTOT)

Ages 18 months - 3 years - One parent per child permitted  
45 min class

Parent and Tot begins with an instructed warm up to music and parents are required to do the Hand holding and guiding for their own child. Children will learn the basic of landings, locomotions, rotations, swinging, jumping, skipping, balancing and flexibility. The coach is then there to guide you both through the activities that you do on your own. This class a great way to integrate your child into the GymNation programs and to create a fun social setting. Kids can stay in parent and tot until they are ready to attend a class on their own, at the recommendation of the coach. One parent per child permitted on the gym floor.



### PRESCOOL

Ages 3- 4 years

For the child who is ready to go on their own...and are potty-trained, they will begin to learn the basic skills such as handstands, cartwheels, forward and backward rolls etc. These skills are based on the four dominant movement patters: locomotions, landings, swings and rotations. This class builds a good solid base so children can safely and progressively move toward the more challenging skills. All children must be able to use the bathroom independently.



### JUNIORS

Ages 5-6 years

Children who are new to gymnastics but are a little older or transitioning from Pre-School (*Kindergym*) will learn basic to more advanced skills specific to this age group. They will be challenged at their own skill level and will get an understanding for more gymnastics terminology. Focus will be on the four dominant movement patterns: locomotion, landings, swings and rotations, technique and skill execution and making the skill connection.



### JUNIORS

Ages 7-9 years

Juniors Advanced is the next step up in the CanGym program and will be used to instruct participants in more advanced skills to prepare them for the next classes or to be moved into the competitive program depending on a number of skills and attributes. They will be challenged at their own skill level and will get an understanding for more gymnastics terminology. Focus will be on the four dominant movement patterns: locomotion, landings, swings and rotations, technique and skill execution and making the skill connection.



**BOYS ARTISTIC**  
Ages 8+yrs

In this class boys will focus more on men's apparatus such as parallel bars, high bar, floor, vault, pommel horse, rings. Boys will learn intermediate to advanced skills and will begin making connections of multiple skills with an emphasis on form and how skills are performed.



**GIRLS ARTISTIC**  
Ages 9+yrs

For someone who has taken an interest in gymnastics at an older age or is progressing from Juniors or Juniors Advanced, this class will focus on the CanGym Blue badge and up. Participants will be challenged at their own skill level and will work on all four events (Bars, Beam, Vault, Floor) with a bit of trampoline. Emphasis will be more on technique, execution, connection of skills and increasing strength, flexibility, power, performance, agility, speed and balance.



**GIRLS ARTISTIC INTERMEDIATE**  
Ages 9+yrs

Those who have taken the Girls Artistic class and have passed badge 5 or higher, will now have the opportunity to be advanced to a competition level if desired. Competing is optional and will come with an additional fee for meet fees and a competition suit. Students will learn the routine requirements to be able to attend competitions at the provincial level with an opportunity to attend Championships. Focus will be on bars, beam, vault and floor.



**TUMBLING & TRAMPOLINE BEGINNER**  
Ages 5-7 YRS

This class is designed for students that have some basic knowledge and understanding of floor skills and technique. This class utilizes the trampoline and floor to perfect such skills as cartwheels, handstands, aerials, walkovers, handsprings, front and back tucks, twisting and more! This is the perfect class for cheerleaders, dancers, gymnasts, skaters, martial artists, trampoline enthusiasts and fitness competitors.



**TUMBLING & TRAMPOLINE INTERMEDIATES**  
**Ages 8+yrs**

This class is designed for students that have taken the Beginner T & T and have some basic knowledge and understanding of floor skills and trampoline technique. We will take the current skills they have and start to make connections to other more advanced skills. Participants will be taught more advanced skills based on their own level and understanding.



**LEVEL 1 TRAMPOLINE - Co-ed**  
**AGES 8+YRS**

Do you have a back yard trampoline? We can show you what you need to know to learn the cool skills and do them safely! Students will learn trampoline fundamentals. No previous experience is needed. They will follow the highly recognized Canadian trampoline program (CanJump) that will take them through a series of beginner skills that they can perform recreationally or have the option to compete.



**LEVEL 2 TRAMPOLINE - Co-Ed**  
**Ages 8+yrs**

Students in this class will have achieved Level 1 skills and have been recommended to go into Level 2. Focus will be put on form and how to perform the skills properly while making multiple skill connections. This class will prepare the athlete for the Advanced Trampoline where they will have the option to compete provincially in trampoline. Students registered will attend two nights a week.



**TRAMPOLINE & TUMBLING TEAM - Co-Ed**  
**AGES 8+YRS**

This class runs twice a week and is for Advanced athletes who may have an interest in competition but it is not mandatory. Athletes who have taken Level 1 and 2 Trampoline can register for this class. This class otherwise is by invitation. Recommendations in regards to ability and appropriate program will be suggested by the coach. Inversion skills and making connections of skills is the main focus of this class. The goal is to prepare the team to compete at Provincials and Championships in either tumbling or trampoline or both.



**BOUNCE-ABILITY REBOUND THERAPY - Co-Ed**  
**Ages 7 years and up**

BRIEFLY, REBOUND THERAPY is the phrase that describes a specific model of trampoline therapy:- exercise therapy which uses a full sized trampoline to provide opportunities for movement, therapeutic exercise and recreation for people across virtually the whole spectrum of special needs.

IT IS MORE than special needs trampolining or disability trampolining; Rebound Therapy can provide a huge number of potential benefits. To find out more, click [here](#).



**ACRO - (Tumbling Instruction) - Ages 7-14yrs**

In this class we will focus on handstands, cartwheels, aerials, walkovers, handsprings and saultos for tumbling for more advanced students. Students must already have a solid base and understanding of the skills being taught