

## **Classes Offered**



All classes are taught by qualified coaches under the Canadian Gymnastic Association (CGC) National Coaching Certification Program (NCCP).

All staff are required to complete a respect in sport course.

Senior staff carry first aid training as are registered with the child abuse registry and complete a semi annual police background check.

### **Kindergym**

1 hr class

ages 18m - 3yrs

Parent/guardian participation required

Structured games, light circuits and free play on age appropriate equipment

### **Preschool**

1 hr class

3 - 5 yrs

Structured games, event circuits and some free play.

Motor coordination, balance and skill development

No parent participation required

### **Recreational gymnastics**

1 hr class

school age to 12 yrs old

CanGym Badge Program

Structured games, timed event circuits on gymnastic equipment and trampoline.

Progressive skill development

Light conditioning and flexibility training

### **Recreational Trampoline**

1 hr class

8 yrs and up

CanJump Badge Program

Progressive skill development on trampoline and double mini trampoline

Some tumbling

Light conditioning

### **Teen Gym**

1 hr class

Includes light conditioning, strength training and free time on the equipment with a qualified instructor.

### **Adult gymnastics & trampoline** 1.5 hr class

Includes light conditioning, strength training and free time on the equipment with a qualified instructor.

No prior experience required