

Class Descriptions

Parent & Tot: Ages 2-3 (45 MINUTE CLASS). Basic gymnastics skills such as hanging, balancing, rolling and jumping with a little assistance from Mom or Dad.

Tiny Tumblers 1: Ages 3 - 4 (45 MINUTE CLASS). Gymnastics basics for the independent preschooler and graduates of the Parent & Tot Program.

Tiny Tumblers 2: Ages 4 - 5 (1 HOUR CLASS). Gymnastics for the graduates of TT1 and less experienced 4-5 year olds. They will learn basic body positions, basic skills and increase their body strength and awareness.

Kinder-Gym: Ages 5 - 6 (1 HOUR CLASS). Participants work to increase body control, body awareness, strength, flexibility and build on more specific gymnastics skills. No experience is necessary at this level.

Junior Gymnasts: Ages 5-6 (1 HOUR CLASS). Gymnasts work on body control, awareness, strength and flexibility while expanding on skills. Previous gymnastics experience required.

Can Gym: Gymnasts work towards the completion of a specific set of skills. Once they have mastered a set they will receive the badge attached to that level and they then progress to the next level.

Boys Crew Jr: Boys Ages 6-8+ (1.0 HOUR CLASS). A boy's only program that follows the CanGym beginner program, badges burgundy and red. Boys will also be introduced to men's apparatuses. Appropriate for beginners, or more advanced. Class is limited to 8.

Boys Crew Sr.: Boys Ages 9+ (1.5 HOUR CLASS). A boy's only program that focuses on men's gymnastics events. Boys will work with a coach at their own level on each apparatus. Appropriate for beginners, or more advanced. Class is limited to 8.

Can Gym Beginner Program (Burgundy & Red): Ages 6-8 (1 HOUR CLASS). A class for new beginners or young experienced gymnasts.

Can Gym Intermediate (Tan, Bronze & Purple): Ages 9+ (1.5 HOUR CLASS). Longer class for those working on Tan, Bronze & Purple badge levels. Appropriate for beginners 10+.

Can Gym Advanced (Blue, Turquoise & Silver): Girls Ages 10+ (2 HOUR CLASS). There is a focus on building skills, strength and flexibility for the more experienced gymnasts.

Teen Time: Girls Ages 12+ (2 HOUR CLASS). A program designed for teen girls to come and work on skills of their choice. Girls will work on all apparatus at their own level. Appropriate for beginners, or more experienced gymnasts.

Acro: Ages 6-12 (1 HOUR CLASS): Participants will work to improve flexibility, strength, and body control. Proper execution of acro skills such as bridges, cartwheels, and various balances will progress to more demanding acrobatic skills and balances and to front and back walkovers, front and back handsprings, as well as a variety of aerial skills. Partner skills will be introduced at this level.

Recreational Trampoline and Tumbling Junior: Boys and Girls ages 6-8 (1 HOUR CLASS): In a safe environment, and in a progressive manner, participants focus on fundamental trampoline, double-mini, and tumbling skills and progressions.

Recreational Trampoline and Tumbling Senior: Boys and Girls ages 9+ (1.5 HOUR CLASS): Trampolinists will continue to work on and master skills and progression in the three disciplines. More demanding skills and combinations will be introduced.

Parkour Jr: Ages 7-8 (1 HR CLASS)

Parkour Int: Ages 9-10 (1 HR CLASS)

Parkour Sr: Ages 11+ (1.5 HOUR CLASS)

Parkour is a training discipline using movement that developed from military obstacle course training. It includes running, climbing, swinging, vaulting, jumping, quadrupedal and other movements. Parkour movement seeing one's environment in a new way and imagining the potentialities for navigating it by movement around, across, through, over, and under features.

Foundations: Child with Special Needs and Parent/Aide (1 Hour Class). A dynamic adaptive movement program for those participants facing the challenges of special needs. Based on the fundamental movement patterns of gymnastics. Promotes and enhances gross motor skill development and physical fitness as well as helps to increase a child's self-image and social skills.

Gymini Crickets: Ages 4-6 - BY INVITATION ONLY (1.5 HOUR CLASS 2 times per week). Girls must have an assessment done, and/ or be selected into this program. Introduction to comp class structure.

Rec-Comp: Ages 6+ - BY INVITATION ONLY (2 HOUR CLASS 2 times per week). Girls must have an assessment done, and/ or be selected into this program. Introduction to comp class structure, & experience in a competition setting.

DROP-IN: Pre-School Drop-In (up to Age 6), & Adult Drop-In (Ages 16+): Preschool Drop-In offered Tuesday and Wednesday morning, 9:30-11:30am (Rec) and Adult Drop-In offered Thursday evening, 8:30-10:30pm (Comp). Allows participants to use the facility and gain comfort in the gym, and on the equipment, without having to follow a structured lesson plan.

****Please note changes to age requirements and progressions for classes****