

Aerials/Flic Flacs

Advanced (6-12 years)

These children are enthusiastic gymnasts who love being challenged. They are eager to become stronger and more flexible to learn more difficult and challenging gymnastics skills. Because they have attained a high degree of skill, and have probably done so with many of the same children, there is a unique level of camaraderie. These children have soaring levels of confidence in their gymnastics ability and love to demonstrate it in front of an audience.

- Instruction incorporates detailed skillbuilding drills that teach specialised body positions and movement patterns to learn more advanced gymnastics skills
- Conditioning and strength activities are incorporated, many of which require group cooperation and teamwork.
- In select advanced classes, also called "Team Gymnastics," students periodically perform gymnastics skills and routines at local events in the community.

NEW! Tumblers

Beginners to Advanced (ages 5 to 12)

Co-ed programme for all skill levels that focuses primarily on building tumbling skills with a secondary emphasis on conditioning and fitness. The program is ideal for children interested in learning tumbling skills, as well those who wish to grow their skills in order to pursue other sports. Because tumbling is the foundation for all gymnastics skills and helps improve agility and balance, the Tumblers class may provide benefits for young gymnasts and children who participate in other youth sports activities.

- A weekly class curriculum that features exciting, tumbling drills and progression steps, and a variety of conditioning activities and gymnastics skills on other gym equipment.
- Focus on building tumbling skills, gymnastics conditioning, and most importantly confidence!
- Instructors focus on individual learning and accomplishments, rather than competition, allowing every child to feel challenged and successful.



TO US, SHE'S IMPROVING CONFIDENCE,
DETERMINATION AND FOCUS. TO HER, SHE'S

DEFYING GRAVITY

Their confidence will reach NEW HEIGHTS

Mat, vault, bar and beam. Each one is a springboard. And as your child masters new skills, each one will propel their confidence to new heights. Our Grade School program develops solid gymnastics skills with elements consistent with the USA Gymnastics, the National Governing Body for the sport in the US. Classes combine balance, agility, poise, and core strength for a truly well-rounded approach to your child's athleticism. With a focus on individual accomplishment, rather than competition, your child will enjoy a fun atmosphere where he's positively motivated to achieve their best. Each new achievement leads to newfound confidence, determination, and a desire to continue improving.

A 3 DIMENSIONAL LEARNING APPROACH

The 3D Learning approach to skill development means that every class we offer fosters growth in three holistic dimensions: Brain Boost, Get Moving and Life Skills. Read on to see how each dimension of learning helps your child grow into a well-rounded, well-adjusted child.



GET MOVING

- Strength
- Flexibility
- Coordination



BRAIN BOOST

- Spatial awareness
- Math
- Languages skills
- Imagination development



LIFE SKILLS

- Group integration
- Listening skills



Flips/ Hotshots

Beginner (6-12 years)

There are no pre-requisite skills required for this class, so the skill range may vary greatly. Children in this age range are still highly motivated by fun and love to play and pretend. While they are interested in learning gymnastics, they are still developing confidence in their skills. They need opportunities in which they can experience success.

- To accommodate the variations in skill level, instructors are trained to provide individualised instruction so that every child is challenged and successful.
- Challenging gymnastics skills are introduced, reviewed and mastered to build body strength, ability, coordination, and confidence.
- Playful, fun-based themes are periodically implemented.

Twisters/Hotshots

Intermediate (6-12 years)

Children placed in this class have attained a particular skill level, so the instruction can be geared to a tighter skill level range. In this environment, skill growth happens quickly. Having achieved a higher degree of gymnastics skills, the children also have a higher degree of confidence and a more focused attitude towards gymnastics.

- Conditioning is incorporated into the warmup activities and gymnastics stations to build strength and prepare for more physically demanding skills.
- The approach to instruction focuses on the effort and children are able to experience success and are not afraid to make mistakes which positively affects self-confidence, self-image and self-esteem.
- To accommodate the children's enhanced desire to learn, activities are "stepped up a notch" in terms of their gymnastics and conditioning intensity.