



Parent & Tot (Boys and Girls Ages 2-3)

A perfect opportunity to spend some time with your little one. This program is open to any gymnasts ages 2 and 3 along with one parent. This semi-structured program will help develop gross motor skills and body awareness in a fun environment. Classes are coach led, with activities such as circuits and games all while providing a chance for parent and tots to explore the gym on their own.

One Parent/Guardian must stay with child

Mini Elites (Boys & Girls Ages 4 -5)

This beginner class is for 4 and 5 years old gymnasts, where they will begin to learn the basics needed to progress in the Cangym system. These young gymnasts will explore all the major events including vault, bars, beam, floor and trampoline. Mighty Elites is for both boys and girls and supports the development of skills required for the first two levels of the Cangym system - Burgundy and Red.

Mighty Elites (Boys 6+)

This program is for boys only and continues to focus on the basics in the Tan (level 3) and Bronze (level 4) badges of the Cangym system. Once the gymnasts reach the Silver level of badges they will focus more on training specific to the male major events including, vault, pommels, high bar, rings, parallel bars and floor exercise.

Novice Elites (Girls Ages 6+)

This program is for female gymnasts ages 6+ and focuses on the Tan (level 3) and Bronze (level 4) badges in the Cangym system. This beginner class introduces vault, bars, beam, floor and trampoline and although no experience is required, it is also a stepping stone for gymnasts that have passed the Burgundy and Red levels.

Burgundy, Red, Tan and bronze levels complete the beginner badges of the Cangym system (Bronze level) and focuses on the six fundamental movement patterns of artistic gymnastics.

Junior Elites (Girls)

Junior Elites is for gymnasts who have completed the Tan and Bronze badges of the Cangym system. It is also the start of the Silver level continuing to build on the basics and introducing new skills on all major events. Athletes will progress through the Purple and Blue levels where they will start to focus more on strength, flexibility and routines to prepare them for the Advanced Program.

Advanced Elites (Girls)

This advanced recreational program is for the gymnast who has passed both Purple and Blue levels. Advanced Elites will finish the Silver level of the Cangym system moving them into the Gold levels. Gymnasts will be challenged further with more difficult skill content, strength conditioning and flexibility training. Advanced Elites is the highest level in our recreational program working on the remainder of the Cangym badges.

Groups are determined by gymnast level

Pre-Competitive (Invite Only)
Ages 5+

The Pre-Competitive Program is offered to gymnasts who show potential to progress to the competitive stream. Gymnasts will focus and be challenged on strength conditioning, flexibility, and skill development. Attendance is very important at this level.

Gymnasts are not required to purchase a competitive bodysuit or tracksuit but will take part in an in-house competition or display.

Competitive (Invite Only)
Ages 6+

The Canadian Competitive Program (CCP) is a structured program that will progress through levels 1-10. Every level meets more challenges with difficult skills and athletes must achieve a set of proficiency before moving up through the levels. Attendance is very important in the competitive stream and is needed to ensure that the athlete is training at a safe and competitive level.

Gymnasts are expected to attend at least 3 competitions within the province and are required to purchase a competitive club bodysuit and tracksuit.

- Note:Our Pre-Competitive and Competitive program are by invite only.
- All Competitions will be by invite from our Head Coach.