

LAKELAND GYMNASTICS SPRING SCHEDULE 2022 April 19th, 2022 – June 25, 2022 (10 weeks)

| | Tuesday | Wednesday | Thursday | Saturday |
|--|------------------------|-----------|--------------------------|--------------------------|
| Wiggletunes (18mos- 3yrs) .75 hr \$132.50 | | | 9:30 - 10:15 | 9:00- 9:45 9:15-10:00 |
| Tumbleweeds (3-4yrs) .75 hr \$172.50 | 4:00-4:45 | | 10:30-11:15 4:45-5:30 | 10:15 -11:00 |
| Jumping Beans (5-6yrs) 1 hr \$172.50 | 4:00-5:00 | | 4:30-5:30 | 11:15-12:15 |
| CanGym Badges 1 & 2 (6+yrs) 1 hr \$172.50 | 5:15 - 6:15 | | 5:45 - 6:45 | 12:30-1:30 |
| Cangym Badges 3 & 4 (6+yrs) 1 hr \$172.50 | 5:15-6:15 6:30-7:30 | | 5:45 - 6:45 | 12:30-1:30 |
| CanGym Badges 5-7 (6+ yrs) 1.5 hr \$225.00 | 6:00-7:30 | | 7:00-8:30 | |
| Gym Teens (10 years+) 1.5hr \$225.00 | | | 7:00-8:30 | |

Preschool Programs

Wiggletunes 18 mos- 3yrs

This program introduces your child to basic gymnastics skills and movement using obstacle courses in the encouraging presence of his/her parent. Rolls, bar swings, trampoline, balancing and rhythm and dance make this program fun for young gymnasts.

Tumbleweeds 3-4 yrs & Jumping Beans 5-6 yrs

These little ones learn beginner to advanced gymnastic skills and gain self confidence independently from the parent. They learn at their own pace in a non-competitive environment. Each week colourful obstacle courses focus on review and new skills. Creative warm up, rhythm and dance and gymnastic skills keep these athletes moving.

CanGym Programs ages 6+

CanGym Badges 1 & 2

These programs are based on the levels the children have achieved beginning with the 1st badge Burgundy. Your child will progress at their own individual pace while working towards the goal of earning their appropriate badge level. This program is for **both boys and girls** with emphasis on dominant moving patterns and fun, fitness and fundamentals.

Cangym Badges 3 & 4

This class has a pre-requisite of Badge level 2 completed. Your child will continue to progress at their own individual pace while working towards the goal of earning their appropriate badge level. This program is **Co-Ed** continuing with emphasis on fun, fitness, and fundamentals while striving for both skills and proper technique.

CanGym Badges 5-7 These programs have a pre requisite of completing the CanGym Badge 4 in order to register. Your child will continue to work at their own pace while progressing through these badge levels with the emphasis on both skill and proper technique involved with higher level skills. These badges usually require 1-2 sessions to complete.

Gym Teens 10 yrs + up

This program is for our athletes 10 years old and up who are just beginning or have completed some Badge levels. They will work towards their goals of earning their appropriate badge level at their own pace with other athletes close in age.

IMPORTANT ADDITIONAL INFORMATION

Please be aware that **one volunteer commitment** and **one undated volunteer bond** cheque will be **required per child per class enrolled** in the amount of **\$300.00** in order to participate in our classes. Wiggletunes are exempted.

Children will not be registered until volunteer cheques are received. Cheques will be shredded on completion of volunteer hours.

***AGF insurance and registration fee** of \$50.00 will be applied to all classes. **AGF fee valid until June 30th 2022.**

****In an effort to make all classes productive and challenging to those registered, gymnasts must be enrolled in the correct age and level in all programs.**

**** ATTIRE**** Bodysuits, tshirts, shorts, leggings or track/sweat pants are acceptable. No jeans, pants with buckles or zippers.

***** Saturday classes will be pro-rated for 9 weeks. We will be closed May 21 for the long weekend.**