



Program Descriptions

SESSIONAL EARLY LEARNER PROGRAMS

Session Dates

- Fall Session: Sept 9 - Dec 8, 2024
- Winter Session: Jan 6 - April 11, 2025
- Spring Session: April 28 - June 20, 2025

Fundraising: None

Volunteer Hours: None

Parent & Tot 45 minutes, designed for children ages 2 - 4 years

Preschoolers explore basic gymnastics skills with the help of their parents or guardians. They will work on balance and coordination, developing spatial awareness, and enhancing their social skills. Preschoolers learn basic safe landing positions, rolling forward/backward, locomotion, springs, and swings, as they work on skills from the Early Learner Certificate. Come tumble with your little one!

Learn & Play 2 hours, designed for children ages 3 - 5 years*

Preschoolers explore basic gymnastics skills in Learn & Play. They will work on balance and coordination, developing spatial awareness, and enhancing their social skills. Preschoolers learn basic safe landing positions, rolling forward/backward, locomotion, springs, and swings, as they work on skills from the Early Learner Certificate and may move onto the Light Blue Level. Learn & Play is 2 hours long, and consists of 1hr of gymnastics instruction and 1hr of play/games/crafts/snack.

***Children must be fully independent in the washroom to attend this class, as it is not parent-assisted.**

RECREATIONAL GYMNASTICS

Program Dates

- **Fall & Winter Session:** Sept 9 - April 11, 2025
- **Spring Session:** April 28 - June 20, 2025

Fundraising:

- **Fall & Winter Session, Sept-April:** Must sell \$100 worth of RaffleBox tickets
- **Spring Session, April-June:** Must sell \$50 worth of RaffleBox tickets

Volunteer Hours: None

Kinder 1 hour, designed for children ages 4 - 6 years

Let's get ready to party! Kinders explore basic gymnastics skills with forward rolls, beginner cartwheels, and backward rolls. This class is jam-packed with fun games, songs and simple circuits where preschoolers can make friends and hone their physical literacy skills like developing agility and coordination. Kids in this Program will work towards the completion of IGC Levels 1 & 2.

Beginner Rec 1 hour & 15 min, designed for children ages 6+

Gymnasts ages 6-7 will learn & master basic gymnastics skills.. We have developed these classes to align with the Canadian Competitive Program (CCP) and Xcel gymnastics programs.

This class is for children who are brand new to gymnastics or who are reregistering. These children work towards completing IGC Levels 2-4.

Intermediate Rec 1 hour & 45 min, designed for children ages 8+

Gymnasts will learn & master gymnastics skills. We have developed these classes to align with the Canadian Competitive Program (CCP) and Xcel gymnastics programs. . This class is for children

This class is for children who are brand new to gymnastics or who are reregistering. These children work towards completing IGC Levels 4-6.

Teen Rec 1 hour & 45 minutes, designed for children ages 10+

This class is for athletes who are new or returning to gymnastics and are ages 10+. Classes will be structured based directly on your athlete's skill level and abilities. They will be working on Levels according to their individual skill levels. Gymnasts will learn & master gymnastics skills. We have developed these classes to align with the Canadian Competitive Program (CCP) and Xcel gymnastics programs.

Beginner Trampoline 1 hour, Ages 6-8

This class is designed for children ages 6–8. They will focus on learning & mastering basic trampoline & tumbling skills.

Intermediate Trampoline 1 hour, Ages 7-9

This class is designed for children ages 8+. They will focus on learning & mastering trampoline & tumbling skills.

Senior Trampoline 1 hour, Ages 9+

This class is designed for children ages 9+. They will focus on learning & mastering trampoline & tumbling skills.

Junior Parkour 1 hour, Ages 5-7

Ready for a new challenge? Parkour is the practice of moving linearly and creatively from a start point to an endpoint as quickly as possible. These athletes will learn to run, jump and swing through obstacle courses & circuits as they learn the basics of parkour.

Intermediate Parkour 1 hour, Ages 7-9

Ready for a new challenge? Parkour is the practice of moving linearly and creatively from a start point to an endpoint as quickly as possible. These athletes will learn to run, jump and swing through obstacle courses & circuits as they learn the Fundamentals of parkour.

Senior Parkour 1 hour, Ages 9+

Ready for a new challenge? Parkour is the practice of moving linearly and creatively from a start point to an endpoint as quickly as possible. These athletes will learn to run, jump, swing and flip through obstacle courses & circuits as they build on the fundamentals of parkour.

COMPETITIVE RECREATIONAL PROGRAMS

These classes are designed for the girl who'd like a taste of what being a competitive athlete is like! These girls will learn routines that align with Xcel Bronze, Silver or Gold, according to their individual skill levels. They will compete in our own Hay City Classic Fun Meet, held in Olds in March.

Pre-competitive 2 hours/once a week, Ages 7-9

Teen Rec Performance 2 hours/once a week, Ages 10+

Program Dates

- **Fall & Winter Session:** Sept 9 - April 11, 2025

Fundraising:

- **Fall & Winter Session, Sept-April:** Must sell \$100 worth of RaffleBox tickets

Volunteering:

- 1 shift for Set-up or Take-down of our home meet, the Hay City Classic
- 2 shifts during the weekend of the Hay City Classic

Fees:

- The registration cost includes the competition fee for The Hay City Classic, as well as the required raffle donation.

TEAM IGC

COMPETITIVE GYMNASTICS PROGRAMS

Program Dates

- July 1st, 2024 - June 30th, 2025

These programs are for the athlete (and family) who wants the full competitive experience. They are by coach invitation only, and are not available in general registration. If your child is in one of our rec programs, please let us know if you're interested. Also if you are new to our area and come from a competitive program in a different club, and would like to continue training, please contact us at

info@imagegymnastics.com.

Team Junior Xcel

4 hours a week, Ages 6+

These athletes are working on their Xcel Bronze & Silver skills with the intent to compete January through March in 4-5 competitions. They train twice a week. These gymnasts get the team experience and a chance to travel to small competitions around central & southern Alberta, as well as competing in our home meets. Competitive athletes must purchase a competitive suit & team jacket to wear to meets & events.

Junior Xcel Volunteer Requirements

- 5 General Volunteer Hours
- Committee Requirement = Team IGC Christmas Party
- Winter Warm Up Meet
 - 1 Set-up or take-down shift
 - 1-2 shifts during the meet
- Hay City Classic Meet
 - 1 Set-up or take-down shift
 - 2-3 Weekend shifts during the meet
- *50% of volunteer hours must be completed by December 31, 2024

Junior Xcel Fundraising Requirements

- \$300 per Junior Xcel Athlete (\$100 by December 15, 2024, \$200 by April 15, 2025)
- * $\frac{1}{3}$ of all fundraising must be completed by December 15, 2024 and the remaining $\frac{2}{3}$ by April 15, 2025.

IGC offers many opportunities for families to complete their fundraising commitments: Oldstoberfest, Centennial Meats, Mom's Pantry, Purdy's Chocolates, Flip Give, Poinsettia Sales, Flower Baskets, Bottle Drives and 50/50 raffle tickets (50/50 earns half of ticket value purchased in members name)

- Families with more than 1 child, registered in the Team IGC Competitive Program, will receive a 50% discount on the lower fundraising amount.

A \$600 bond cheque will be collected from each Team IGC family to secure their applicable volunteer & fundraising requirements.

Team Novice Xcel

8 hours a week, Ages 8+

These athletes are working on their Xcel Gold skills with the intent to compete January through March in 5-6 competitions. They train twice a week. These gymnasts get the team experience and a chance to travel to small competitions around central & southern Alberta, as well as competing in our home meets. Competitive athletes must purchase a competitive suit & team jacket to wear to meets & events.

Novice Xcel Volunteer Requirements

- 10 General Volunteer Hours
- Committee Requirement = Winter Warm-up Meet
- Winter Warm Up Meet
 - Committee involvement in Planning & Your roll during the Weekend
 - 1 Set-up or take-down shift
 - 2-3 shifts during the meet
- Hay City Classic Meet
 - 1 Set-up or take-down shift
 - 4-5 Weekend shifts during the meet
- *50% of volunteer hours must be completed by December 31, 2024

Novice Xcel Fundraising Requirements

- \$400 per Novice Xcel Athlete (\$150 by December 15, 2024, \$250 by April 15, 2025)

- * $\frac{1}{3}$ of all fundraising must be completed by December 15, 2024 and the remaining $\frac{2}{3}$ by April 15, 2025.

IGC offers many opportunities for families to complete their fundraising commitments: Oldstoberfest, Centennial Meats, Mom's Pantry, Purdy's Chocolates, Flip Give, Poinsettia Sales, Flower Baskets, Bottle Drives and 50/50 raffle tickets (50/50 earns half of ticket value purchased in members name)

- Families with more than 1 child, registered in the Team IGC Competitive Program, will receive a 50% discount on the lower fundraising amount.

A \$600 bond cheque will be collected from each Team IGC family to secure their applicable volunteer & fundraising requirements.

Team Sophomore Xcel

12 hours a week, Ages 8+

These athletes are working on their Xcel Platinum skills with the intent to compete January through March in 5-6 competitions. They train three times a week. These gymnasts get the team experience and a chance to travel to small competitions around central & southern Alberta, as well as competing in our home meets. Competitive athletes must purchase a competitive suit & team jacket to wear to meets & events.

Sophomore Xcel Volunteer Requirements

- 15 General Volunteer Hours
- Committee Requirement = The Hay City Classic
- Winter Warm Up Meet
 - 1 Set-up or take-down shift
 - 2-3 shifts during the meet + your athlete also helps
- Hay City Classic Meet
 - Committee involvement in Planning & Filling your roll during the Weekend
 - Your athlete's help throughout the weekend
 - 1 Set-up shift
 - 4-5 Weekend shifts during the meet + Athlete help
- *50% of volunteer hours must be completed by December 31, 2024

Sophomore Xcel Fundraising Requirements

- \$500 per Sophomore Xcel Athlete (\$200 by December 15, 2024, \$300 by April 15, 2025)
- * $\frac{1}{3}$ of all fundraising must be completed by December 15, 2024 and the remaining $\frac{2}{3}$ by April 15, 2025.

IGC offers many opportunities for families to complete their fundraising commitments: Oldstoberfest, Centennial Meats, Mom's Pantry, Purdy's Chocolates, Flip Give, Poinsettia Sales, Flower Baskets, Bottle Drives and 50/50 raffle tickets (50/50 earns half of ticket value purchased in members name)

- Families with more than 1 child, registered in the Team IGC Competitive Program, will receive a 50% discount on the lower fundraising amount.

A \$600 bond cheque will be collected from each Team IGC family to secure their applicable volunteer & fundraising requirements.

Team Senior CCP

13.5-17.5 hours a week, Ages 9+

CCP 6: Sun / Wed / Fri, 13.5 hrs per week

CCP 7-8: Sun / Mon /Wed / Fri, 17.5 hours per week

Senior CCP Volunteer Requirements

- 3 practice days/week: 15 General Volunteer Hours
- 4 practice days/week: 20 General Volunteer Hours
- Committee Requirement = The Hay City Classic
- Winter Warm Up Meet
 - 1 Set-up or take-down shift
 - 2-3 shifts during the meet + your athlete also helps
- Hay City Classic Meet
 - Committee involvement in Planning & Filling your roll during the Weekend
 - Your athlete's help throughout the weekend
 - 1 Set-up shift
 - 4-5 Weekend shifts during the meet + Athlete help
- *50% of volunteer hours must be completed by December 31, 2024

Senior Xcel Fundraising Requirements

- 3 practice days/week: \$500 per Senior Athlete (\$200 by December 15, 2024, \$300 by April 15, 2025)
- 4 practice days/week: \$600 per Senior Athlete (\$250 by December 15, 2024, \$350 by April 15, 2025)
- * $\frac{1}{3}$ of all fundraising must be completed by December 15, 2024 and the remaining $\frac{2}{3}$ by April 15, 2025.

IGC offers many opportunities for families to complete their fundraising commitments: Oldstoberfest, Centennial Meats, Mom's Pantry, Purdy's Chocolates, Flip Give, Poinsettia Sales, Flower Baskets, Bottle Drives and 50/50 raffle tickets (50/50 earns half of ticket value purchased in members name)

- Families with more than 1 child, registered in the Team IGC Competitive Program, will receive a 50% discount on the lower fundraising amount.

A \$600 bond cheque will be collected from each Team IGC family to secure their applicable volunteer & fundraising requirements.