



Program Descriptions

EARLY LEARNER PROGRAMS

Program Dates

- Fall Session: Sept 11 - Dec 8, 2023
- Winter Session: Jan 8 - April 9, 2024
- Spring Session: April 29 - June 21, 2024

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 11, 2023 - April 9, 2024
- Spring Session: April 29 - June 21, 2024

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 Level 1 & 2, Light Blue & Red.

- **Kinder 1:** This class is for children 4-6 years old, who are either brand new to gymnastics or who are working on Level 1, Light Blue.
- **Kinder 2:** This class is for children ages 5+, who have completed level 1, Light Blue and are working on level 2, Red

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.

- **Beginner 1:** This class is for children who are brand new to gymnastics or are working on completing Level 2, Red and are 6-7 years old.
- **Beginner 2:** This class is for children ages 6+, who have completed level 2, Red and are working on levels 3 & 4, Orange & Yellow

Intermediate Rec 1 hour & 45 min, designed for children ages 7+

Gymnasts will learn & master gymnastics skills. We have developed these classes to align with the Canadian Competitive Program (CCP) and Xcel gymnastics programs. Children participating in our Recreational classes have the opportunity to compete in our home meet held in March.

- **Intermediate 1:** This class is for children 8-9 years old, who are brand new to gymnastics or who are working on level 4, Yellow.
- **Intermediate 2:** This class is for children ages 7+ who have completed level Yellow and are working on levels 5 & 6, Green & Blue.

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 Orange to Pink, 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. Children participating in our recreational classes have the opportunity to compete in our home meet held in March.

Advanced Rec: Recreational Competitive Class

1 hour & 30 minutes, twice a week. Designed for children ages 7+

Our Advanced Rec class is designed for the girl who'd like a taste of what being a competitive athlete is like. Advanced Rec trains for an hour and a half, twice a week.

These girls will learn routines that align with Xcel Bronze, Silver or Gold, according to their individual skill levels. They will also have the chance to compete in two or three fun meets in Alberta, during the months of January to March. As well as our own Hay City Classic Fun Meet.

SESSIONAL RECREATIONAL PROGRAMS

Program Dates

- Fall Session: Sept 11 - Dec 8, 2023
- Winter Session: Jan 8 - April 9, 2024
- Spring Session: April 29 - June 21, 2024

Fundraising: Must sell \$50 worth of RaffleBox tickets per session registered

Volunteer Hours: None

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.

TEAM IGC

COMPETITIVE GYMNASTICS PROGRAMS

Program Dates

- July 1st, 2023 - June 30th, 2024

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

3-4 hours a week, Ages 6+

These athletes are working on their Xcel Bronze & Silver skills with the intent to compete January through March in 3-5 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 meet. Competitive athletes must purchase a competitive suit & team jacket to wear to meets & events.

Junior Xcel Fundraising & Volunteer Commitments

We ask that all Team IGC Families satisfy these requirements between July 1st & June 30th.

Junior Xcel commitments are:

- Selling \$150 total in Cash Raffle Tickets throughout the year
- 5 Hours of Volunteering
- Fundraising a Profit to IGC of \$200/\$300 (\$300 if you have more than one child in a competitive group)
- 1 set-up or take-down shift for the Hay City Classic, 2 competition shifts and a \$40 donation (March 8-10, 2024)
- 1 set-up or take-down shift for the Winter Warm-up Meet, 2 competition shifts and a \$20 donation (Dec. 1-3, 2023)
- 1 Committee volunteer position: Awards Night, Welcome BBQ, Christmas Party, Canada Parade or Competition Committee.

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 5-7 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 meet. Competitive athletes must purchase a competitive suit & team jacket to wear to meets & events.

Novice Xcel Fundraising & Volunteer Commitments

We ask that all Team IGC Families satisfy these requirements between July 1st & June 30th.

Novice Xcel commitments are:

- Selling \$150 total in Cash Raffle Tickets throughout the year
- 10 Hours of Volunteering
- Fundraising a Profit to IGC of \$350/\$450 (\$450 if you have more than one child in a competitive group)
- 1 set-up or take-down shift for the Hay City Classic, 3 competition shifts and a \$40 donation (March 8-10, 2024)
- 1 set-up or take-down shift for the Winter Warm-up Meet, 2 competition shifts and a \$20 donation (Dec. 1-3, 2023)
- 2 Committee volunteer positions: Awards Night, Welcome BBQ, Christmas Party, Canada Parade or Competition Committee.

Team Senior Xcel

9 hours a week, Ages 9+

These athletes are working on their Xcel Platinum & Diamond skills with the intent to compete January through March in 5-7 competitions. These gymnasts get the team experience and a chance to travel to competitions around central & southern Alberta, BC as well as competing in our home meet. They will also compete in sanctioned meets like zones & provincials. Every few years we take our team to a meet or training camp outside of the country. Competitive athletes must purchase a competitive suit & team jacket to wear to meets & events.

Senior Xcel Fundraising & Volunteer Commitments

We ask that all Team IGC Families satisfy these requirements between July 1st & June 30th.

Senior Xcel commitments are:

- \$150 total in Raffle Tickets throughout the year
- 15 Hours of Volunteering
- Fundraising Profit to gym of \$400/\$500 (\$500 if you have more than one child)
- 1 set-up or take-down shift for the Hay City Classic, 3 competition shifts and \$40 donation
- 1 set-up or take-down shift for the Winter Warm up Meet, 2 competition shifts and \$20 donation
- 2 Committee volunteer positions - Awards Night, Welcome BBQ, Christmas Party, Canada Parade or Competition Committee.

Team Senior CCP

16 hours a week, Ages 9+

These athletes are working on their JO 6-8 skills with the intent to compete January through March in 6-8 competitions. These gymnasts get the team experience and a chance to travel to competitions around central & southern Alberta, BC as well as competing in our home meet. They will compete in sanctioned meets like zones & provincials. Every few years we take our team to a meet or training camp outside of the country. Competitive athletes must purchase a competitive suit & team jacket to wear to meets & events.

Senior CCP Fundraising & Volunteer Commitments

We ask that all Team IGC Families satisfy these requirements between July 1st & June 30th.

Senior CCP commitments are:

- \$150 total in Raffle Tickets throughout the year
- 15 Hours of Volunteering
- Fundraising Profit to gym of \$500/\$600 (\$600 if you have more than one child)
- 1 set-up or take-down shift for the Hay City Classic, 3 competition shifts and \$40 donation
- 1 set-up or take-down shift for the Winter Warm up Meet, 2 competition shifts and \$20 donation
- 2 Committee volunteer positions - Awards Night, Welcome BBQ, Christmas Party, Canada Parade or Competition Committee