



# Program Descriptions

## EARLY LEARNER PROGRAMS

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### Programs Dates

- Fall Session: Sept 13 - Dec 12, 2021
- Winter Session: Jan 3 - April 8, 2022
- Spring Session: April 25 - June 24, 2022

Fundraising: None

Volunteer Hours: None

### **Parent & Tot** 45 minutes, designed for children ages 1.5 - 3 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 for their Light Pink & Light Blue badges. Come tumble with your little one!

### **Learn & Play** 2 hours, designed for children ages 2.5 - 4 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 for their Light Pink & Light Blue badges.

Learn & Play is 2 hours long, and consists of 1hr of gymnastics instruction and 1hr of play/games/crafts/snack.

**Kids must be potty-trained to attend this class, as it is not parent-assisted.**

# RECREATIONAL GYMNASTICS

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## Programs Dates

- Fall & Winter Session: Sept 13, 2021 - April 8, 2022
- Spring Session: April 25 - June 24, 2022

**Fundraising: Must sell at least one book of raffle tickets, worth \$100**

Volunteer Hours: None

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

Let's get ready to party! Kinder Keeners 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 at this level will work towards the completion of their Red and Orange Badges.

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

Gymnasts ages 6+ will learn & master basic gymnastics skills. These athletes will be working to complete their Yellow & Green badges. We have developed these classes to align with the Junior Olympic and Xcel gymnastics programs.

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

Gymnasts ages 7+ will learn & master gymnastics skills. These athletes will be working to complete their Blue & Purple badges. We have developed these classes to align with the Junior Olympic and Xcel gymnastics programs. Children participating in our Recreational classes have the opportunity to compete in our home meet held in March.

## **Advanced** 1 hour & 30 min twice a week, designed for children ages 8+

Gymnasts ages 8+ will learn & master gymnastics skills. These athletes will be working to complete their Violet & Pink badges. We have developed these classes to align with the Junior Olympic and Xcel gymnastics programs. Children participating in our Recreational classes have the opportunity to compete in our home meet held in March.

# SEASONAL RECREATIONAL PROGRAMS

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## Programs Dates

- Fall Session: Sept 13 - Dec 12, 2021
- Winter Session: Jan 3 - April 8, 2022
- Spring Session: April 25 - June 24, 2022

**Fundraising: Must sell at least one book of raffle tickets, worth \$100**

Volunteer Hours: None

## Homeschool Gymnastics 1 hour, Ages 6+

For homeschooled children of all ages, this class is a fun way to learn the basics of gymnastics, exercise & flexibility.

## Homeschool Trampoline 1 hour, Ages 6+

For homeschooled children of all ages, this class is a fun way to learn the basics of trampoline & tumbling skills.

## Junior Jumpers Trampoline 45 min, Ages 4-6

This class is designed for children ages 4-6. They will focus on learning & mastering basic trampoline & tumbling skills.

## 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 8+

This class is designed for children ages 8+. 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.

## Senior Parkour 1 hour, Ages 8+

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 learn the fundamentals of parkour.

## Tumbling & Acro 1 hour, Ages 7+

This class is designed for children who specifically want to learn to tumble and flip. It focuses on acro & tumbling on floor, tumble track & air floor. Whether your child wants to learn acro for dance or just to do cool tricks, this class will teach them what they want to know, from round-offs to aerials to back walkovers!

## PRE-COMPETITIVE GYMNASTICS PROGRAMS

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### Programs Dates

- Fall & Winter Session: Sept 13, 2021 - April 8, 2022
- Spring Session: April 25 - June 24, 2022

**Fundraising: Must sell at least one book of raffle tickets, worth \$100**

Volunteer Hours: None

## Xcel Bronze 1 hour & 30 minutes, twice a week, Ages 6-8

This is a program for 6-8 year old girls who are wanting a little more than a weekly recreational class. These athletes have the goal of becoming competitive gymnasts & Xcel gives a gentle introduction to competitive gymnastics. These gymnasts get the team experience and a chance to travel to small Xcel competitions around central & southern Alberta, as well as competing in our home meet. They train for an hour and a half, twice a week, and must purchase a team training suit to wear to meets.

## Xcel Silver 2 hours, twice a week, Ages 8+

This is a program for girls, 8 and older, who are wanting a little more than a weekly recreational class. These athletes have the goal of becoming competitive gymnasts & Xcel gives a gentle introduction to competitive gymnastics. These gymnasts get the team experience and a chance to travel to small Xcel competitions around central & southern Alberta, as well as competing in our home meet in March. They train for two hours, twice a week, and must purchase a team training suit to wear to meets.

## COMPETITIVE GYMNASTICS PROGRAMS

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### Programs Dates

- July 1st, 2021 - June 30th, 2022

These programs are for the athlete (and family) who wants the full competitive experience. They are by coach invitation only, but if your child is in one of our rec or pre-competitive 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@imaginegymnastics.com](mailto:info@imaginegymnastics.com).

## Novice 4.5 hours on Wednesday & 3.5 hours on Friday, Ages 6+

These athletes are working on their Xcel Silver/Gold & JO 2-4 skills with the intent to compete January through March in 3-5 competitions. They will train alongside our senior athletes 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. These athletes must purchase a competitive suit & team jacket to wear to meets & events.

**Volunteer requirements:** 10 volunteer hours, 3 hours worker bee, 2 shifts at our home meet

**Fundraising commitments:** **1 gymnast:** Must fundraise a total of **\$400** profit to the club during the July 1, 2021 – June 30, 2022 gymnastics year. **Multiple gymnasts** from the same family: Must fundraise a total of **\$450** profit to the club during the July 1, 2021 – June 30, 2022 gymnastics year.

**1 Raffle Booklet** per family

## Senior B 4.5 hours on Mon/Wed & 3.5 hours on Friday, Ages 9+

These athletes are working on their Xcel Gold & JO 6 skills with the intent to compete January through March in 4-6 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. These athletes must purchase a competitive suit & team jacket to wear to meets & events.

**Volunteer requirements:** 10 volunteer hours, 3 hours worker bee, 2 shifts at our home meet

**Fundraising commitments: 1 gymnast:** Must fundraise a total of **\$500** profit to the club during the July 1, 2021 – June 30, 2022 gymnastics year. **Multiple gymnasts** from the same family: Must fundraise a total of **\$550** profit to the club during the July 1, 2021 – June 30, 2022 gymnastics year.

**1 Raffle Booklet** per family

## Senior A 4.5 hours on Mon/Wed & 5 hours on Friday, Ages 9+

These athletes are working on their JO 6-8 skills with the intent to compete January through March in 4-6 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. These athletes must purchase a competitive suit & team jacket to wear to meets & events.

**Volunteer requirements:** 10 volunteer hours, 3 hours worker bee, 2 shifts at our home meet

**Fundraising commitments: 1 gymnast:** Must fundraise a total of **\$500** profit to the club during the July 1, 2021 – June 30, 2022 gymnastics year. **Multiple gymnasts** from the same family: Must fundraise a total of **\$550** profit to the club during the July 1, 2021 – June 30, 2022 gymnastics year.

**1 Raffle Booklet** per family