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# 2017

## Spring Gymnastics Programs



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**The age-by date for the Spring session is May 8, 2017.**

Airdrie Edge Gymnastics Club  
130-800 East Lake Boulevard SE,  
Airdrie, AB

(403) 948-7769  
info@airdriedge.com

## Early Learners: 18 months to under age four

Look at the chart on the page 2 to learn more!

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### GymBaby

18-30  
Months

45 minutes per week

Parent-assisted  
gymnastics

Your GymBaby participates with you in this baby-amazing, parent-assisted, coach-led class. Inspiration and discovery in a gymnastics environment.

Each GymBaby attends with their own safeguarding adult aged 18 and up. With you at their side, we guide you to personalize the challenge and focus for your child. To get the most out of GymBaby, we recommend that your child already be walking.

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### Supertots

24 months to  
under 4 years

50 minutes per week

Parent-assisted  
gymnastics

*Supertots practice  
using the  
Dinosaurs to  
Superstars  
curriculum*

Your Supertot participates with you in this fun, and sometimes silly, parent-assisted, instructor-led class. Supertots is all about the playful side of gymnastics and physical activity. Each Supertot attends with their own safeguarding adult aged 18 and up. With you at their side we strive to personalise the challenges for each child. Gymnastics basics along with other useful skills: climbing, throwing, catching, kicking!

*Supertots is available for children under 5 who are not quite ready to attend on their own. Please make arrangements to register through the front office prior to March 14. Or, register in-person after March 15.*

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### Dinosaurs to Superstars

4 years to under  
6 years

1 hour per week

Independent  
gymnastics

In **Dinosaurs to Superstars** you'll find the first four levels of our independent Early Learner program: **KinderSaurus, KinderRocket, KinderPlanet and KinderStar!**

Skills, imaginative activities and tricky challenges inspire our Dinosaurs to go faster, higher and stronger!

*Dinosaurs is available for children under 7 with developmental differences. Please make arrangements to register through the front office prior to March 14. Or, register in-person after March 15.*

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### Kindersonic Academy

4 years to under  
6 years

1 hour per week

Independent  
gymnastics

**Kindersonic Academy** builds on the Dinosaurs program to keep our Early Learners progressing in **KinderSonic, KinderGalaxy and KinderAcademy.**

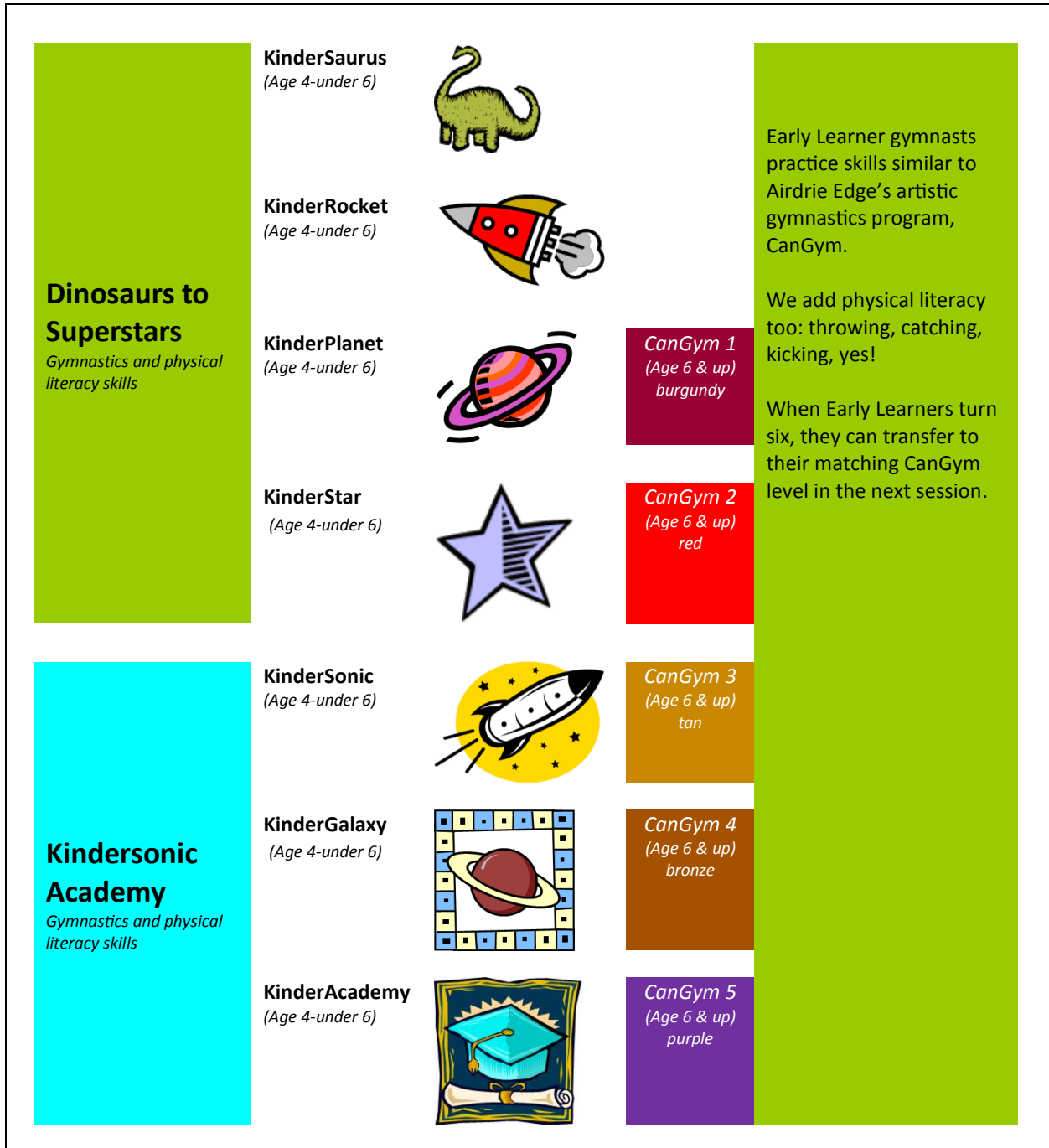
**Prerequisite:** *Gymnast has completed their KinderStar level. Kindersonic Academy is available for children under 7 with developmental differences. Please make arrangements to register through the front office prior to March 14. Or, register in-person after March 15.*

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## Early Learners: 18 months to under age four

### How the Programs and Classes Fit Together



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## Beginner & Introductory Classes: Ages 6-11

Look at the chart on the next page to see how it fits!

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### CanGym Levels 1-3

Ages 6-8

1 hour per week

Ages 6-11

**CanGym** is about the traditional artistic events: vault, bars, beam, floor, pommel horse and parallel bars. In the first levels, boys and girls practice the same skills. After Level 5 the boys' apparatus program continues in Freestyle.

Ages 8-11

*The different age groupings help new gymnasts practice with others of a similar age. And, more scheduling choices! Older beginners often finish two or three levels in one session.*

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### Homeschooler's CanGym Levels 1 & up

Ages 6 and up

1 hour per week. A multi-level class on a home-schooling schedule.

*To challenge gymnasts at the right level, we've got two coaches and more spaces this session!*

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### CanJump Levels 1-3

Ages 6-8

1 hour per week

Ages 6-11

**CanJump** practices on the three trampoline events: trampoline, double mini-trampoline (DMT) and power tumbling. Trampoline gymnastics builds the skills, training habits, endurance, balance, strength, perseverance and safety for a high-flying sport.

Ages 8-11

*The different age groupings help new gymnasts practice with others of a similar age. And, more scheduling choices! Older beginners often finish two or three levels in one session.*

*New: CanJump  
Level 1-5 on  
Saturdays at 2:00!*

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### Freestyle Academy

*Freestyle Levels 1-4*

Ages 6-8

1 hour per week

Freestyle parkour, trampoline and gymnastics for younger participants. Academy participants use the Freestyle Trick curriculum.

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### Freestyle Trick

*Freestyle Levels 1-4*

Ages 8-11

1 hour per week.

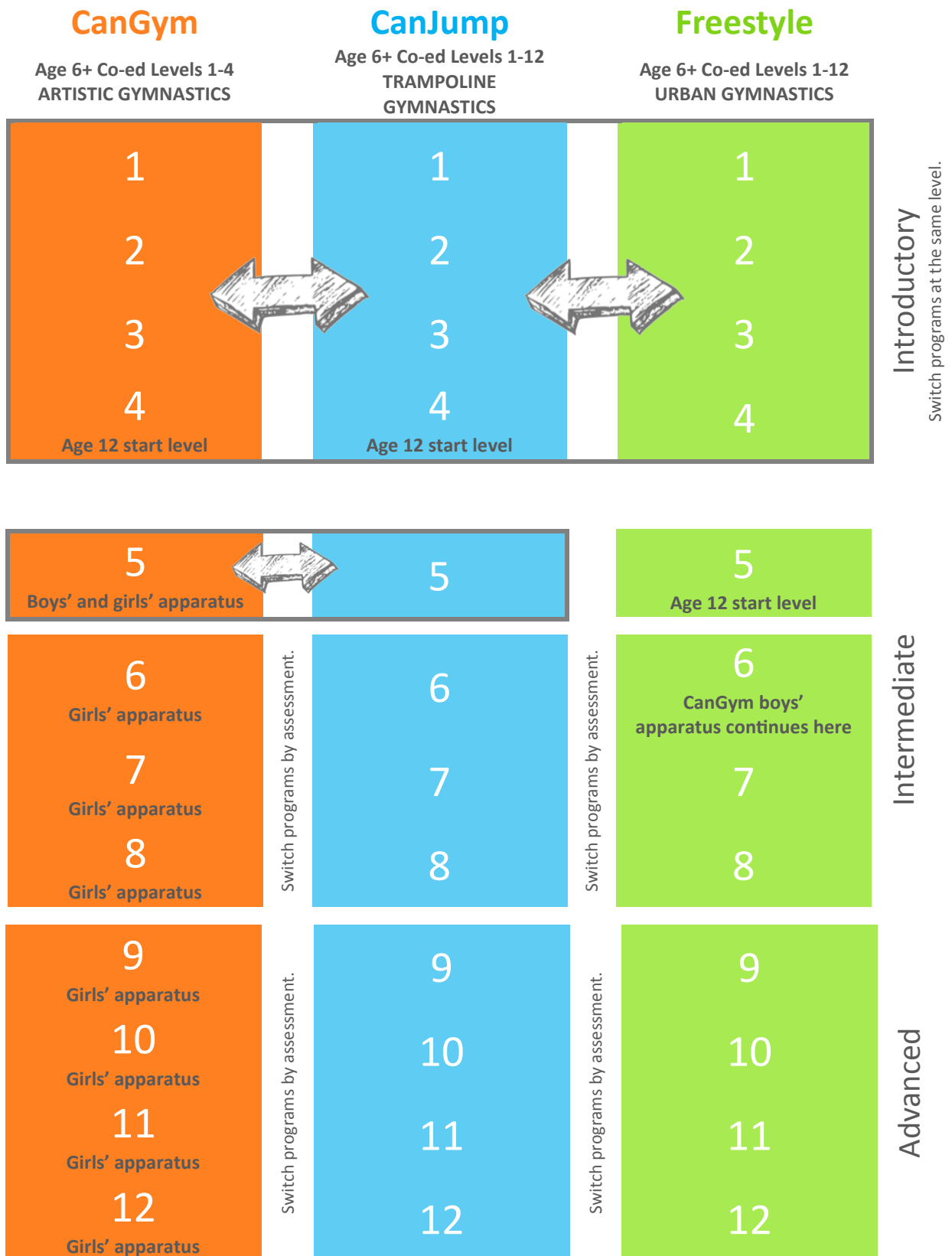
**Freestyle Trick** covers the first four levels of Freestyle. The parkour skills of travelling over, under and around obstacles are intensified through the mastery of gymnastics tips and tricks.

Apparatus includes bars, tumbling, trampoline, walls and a variety of interesting things to vault over.

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# AGES 6 AND UP: THREE PROGRAMS & LOTS OF OPTIONS!



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## Intermediate Classes: Ages 6 and up

### Look at the chart on page 4 to see how it fits!

If you're a 12 & over beginner, you can arrange to register at Level 4 CanGym or CanJump through the front office prior to March 14. Or, register in-person after March 15.

#### CanGym Level 4-5

1) Ages 12 & up

OR

2) You're at least six years old and you've passed at least Level 3

**1 hour per week.** Strengthen handstands, straighten cartwheels and swing up to the bars with confidence. CanGym divides into men's and women's gymnastics achievements at Level 5. Boys apparatus develops skills for pommels and p-bars while girls develop skills on beam. The apparatus in common are vault and floor. After Level 5 the boys' apparatus program continues in Freestyle.

*Passing Level 5 qualifies you to sign up for the Handsprings and Flips Level 1 class!*

#### CanGym Level 4-6

You're at least six years old and you've passed Level 3, 4 or 5

**1 hour per week.** Another way for gymnastics fans to practice! See the description above.

*Passing Level 5 qualifies you to sign up for the Handsprings and Flips Level 1 class. Passing Level 6 qualifies you for the JumpGym Parade Team!*

#### CanGym Level 6-8

You're at least six years old and you've passed CanGym Level 5, 6 or 7

**1.25 or 1.5 hour per week.** Gymnastics gets more technical, challenging and powerful! Work through the steps to learn hurdles and round-offs, front and backsprings, circles and swings on bars and handspring vaults.

*Passing Level 6 qualifies you for the JumpGym Parade Team!*

*The CanGym boys' apparatus program is a big part of our Freestyle Twist and Flare classes. If that's your interest, take a look at Freestyle!*

#### CanJump Level 4-5

1) Ages 12 & up

OR

2) You're at least six years old and you've passed Level 3

**1 hour per week.** Master your front and back drops. Strengthen your tumbling basics, learn flip fundamentals and gain control of your jumps.

*Passing Level 5 qualifies you to sign up for the Handsprings and Flips Level 1 class.*

**And: CanJump  
Level 1-5 on  
Saturdays at 2:00!**  
(Beginner to Intermediate)

#### CanJump Level 6-8

You're at least six years old and you've passed Level 5, 6 or 7

**1.25 hours per week**

Learn front and back handsprings and flips. Join skills together in powerful combinations. Jump high and perform new skills on two types of trampolines.

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## Intermediate Classes: Ages 6 and up

### Look at the chart on page 4 to see how it fits!

If you're a 12 & over beginner, you can arrange to register at Freestyle Level 5 through the front office prior to March 14. Or, register in-person after March 15.

#### Freestyle Twist

Freestyle Levels 5-8

1) Ages 12 and up  
**OR**  
2) You're at least six years old and you've passed Freestyle Trick Level 4

**1 hour per week.** Freestylists power-up their landings, handstands, vaults, swings, handsprings and flips. By the time they're ready to move on, participants can perform a variety of intermediate to advanced skills with judgement and precision. The Twist levels are 5,6,7 and 8.

*Passing Level 5 qualifies you to sign up for the Handsprings and Flips Level 1 class. Passing Level 6 qualifies you for the JumpGym Parade Team!*

#### Handsprings & Flips Level 1

You've passed Level 5 in one of our gymnastics programs

**1 hour per week.**

Develop and extend the lead-ups and techniques for power tumbling. Handstands, round-offs, frontsprings, backsprings, front tucks and back tucks: **skills complementary to CanGym, CanJump and Freestyle Levels 6-8**

*The goal in Level 1 is to learn a back handspring by yourself!*

#### Handsprings & Flips Level 2

You can do a back handspring by yourself

**1 hour per week.** Continue to strengthen key tumbling skills and put them to work with variations and combinations: **skills complementary to CanGym, CanJump and Freestyle Levels 9-10**

*The goal in Level 2 is to learn an unassisted round-off back handspring!*

#### Aerial Arts Level 1, 1-2, and 2

Ages 10 and up  
  
*For the Level 2 class you need to have completed Level 1*

**1 hour per week.** Aerial Arts is about beautiful, circus-acrobatic movements first learned at floor level (Level 1), then, higher in the sky (Level 2). Aerialists will create an act for presentation at the end of the session—**Saturday, June 24.**

**No previous experience is required for Level 1 or 1-2.**

*Arrange through the front office to register if you're under the age of 10 with permission, even if you've been in class before.*

#### Aerial Arts Academy

Ages 8-10

**30 minutes per week.** Maximum 4 gymnasts per class. The art of climbing fabric, turning upside-down and coming back down in spectacular ways.

Aerial Arts Academy introduces the skills and training habits of aerial acrobatics on fabric. Gymnasts follow the Aerial Arts Level 1 curriculum.

**No previous experience is required.**

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## Advanced Classes

### CanGym Levels 9-12

You've passed  
CanGym Level 8  
or higher

**2 hours per week.** Do you love artistic gymnastics and want the challenge of CanGym's top levels? Pass Level 12 and you will join the ranks of the Alberta's Top Bananas! Glide kips. Flyaways. Backsprings to back tucks. Wow!

### CanJump Levels 8-12

You've passed  
CanJump Level 8  
or higher

**1.5 or 1.75 hours per week.** Do you love the trampoline events and want the challenge of CanJump's top levels? Pass Level 12 and you will join the ranks of the Alberta's Top Bananas! Front 3/4 Ballouts. Whips. Back fulls. Fantastic!

### Freestyle Flare

*Freestyle Levels 9-12*

You've passed  
Freestyle Twist  
Level 8  
or higher

**1.5 hours once or twice per week.** Flare is the top of the Freestyle program. Gymnasts advance in a structured curriculum and are increasingly empowered to use their own judgement in the safe practice of complex skills.

The Flare goals are 1) to inspire safe practice techniques and 2) to inspire the creation and mastery of unique skills and combinations.

### Advanced Tumbling

*Handsprings and Flips  
Level 3*

You can do a  
round-off back  
handspring by  
yourself

**1 hour per week.** A challenging class for people who love tumbling. Add power with combinations, whips and twists! Particularly recommended for CanGym, CanJump or Freestyle gymnasts who want to go for the top levels. **Skills complementary to CanGym, CanJump and Freestyle Levels 10-12.**

### JumpGym Parade Team

**Starts MAY 8**

*JumpGym is a non-  
competitive group  
performance program.*

*The team has gained  
applause at the Alberta  
Gymfest, the National  
Gymnaestrada and the  
Western Canadian  
Gymnaestrada.*

You're in Level 6  
through Level 12 in  
any of our  
gymnastics  
programs

**Parade Team  
members are also  
required to  
register in one  
other program in  
the Spring session.**

*Arrange your  
discount for the  
second class in-  
person at the front  
office.*

**1.5 hours per week.** Prepare for an exciting gymnastics performance in the **Airdrie July 1 Canada Day Parade!** Group-focused gymnastics skills. Includes precision tumbling, expressive movement and acrobatics.

When the sun is shining in June, we'll practice outside! Be prepared with running shoes, sunscreen, water and gloves.

We'll present our skills at our club's Palooza event one week before the parade on **Saturday, June 24.**

**A team shirt is included in the cost of registration.**

**Note:** Coaches expect JumpGym gymnasts to attend regularly, work hard and keep a great attitude. 😊

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## Drop-in and Parties

### Drop-in Gymnastics Practice

Ages 15 and over  
on the day of  
Drop-in

**1 hour per week.** A structured 10-minute warm up then 50 minutes of supervised practice. The focus is on gymnastics skill development, safety and awesome fun.

**Do you have to be a gymnast to attend Drop-in?** What? Everyone's a gymnast! ☺ If you're interested and reasonably fit, we encourage:

- Adventurous first-timers
- Dedicated regulars
- Former gymnasts—is this even possible?
- Parkour enthusiasts
- Athletes from other sports

*Drop-in members under age 18 must have proof of age and a signed drop-in waiver for the current season on file.*

*IMPORTANT: Waivers must be signed in-person, at the gym by the participant's parent or guardian.*

### Birthday Parties and Family Events

18 months and  
over

Birthday packages include one hour in the gym and 45 minutes in the party area.

Two or more of our trained coaches will guide your party through an hour of gymnastics and trampoline fun and challenge. Activities are always age appropriate and flexible.

Further information on [airdrieedge.com](http://airdrieedge.com) or the front office.  
*In-person bookings only.*

## Frequently Asked Questions

**What is Airdrie Edge Gymnastics Club?** Airdrie Edge is a non-profit organization, founded in 1987 to teach gymnastics. From beginner to national champion, we empower gymnasts to build exciting, complex and challenging skills.

**What is Rec gymnastics?** Rec gymnasts focus on enjoyment, fitness and skill achievement rather than competitive rank.

**Who trains Rec coaches?** Our coaches are trained and certified through the National Coaching Certification Program (NCCP). Coaches do professional development through courses, mentors, workshops and bi-annual congresses.

**Who supervises coaches?** It depends on the coach. New coaches are generally under the direct supervision of a senior coach. Experienced coaches watch each other. Each program has a head coach to make sure it happens.

**How can I become a coach?** You will start by volunteering and shadowing classes. It is important to find out if you enjoy coaching. Also, to get feedback on whether you are suitable to be a coach. After that there is a series of courses. The minimum age to volunteer is 12. The minimum age for taking courses and coaching is 15. Contact us! [info@airdrieedge.com](mailto:info@airdrieedge.com)

**How can I contact my child's coach?** For a quick word, the end of class is the best time. Wait at the gate where gymnasts exit and catch the coach's attention. For a longer talk, you can arrange in advance by emailing the front office [info@airdrieedge.com](mailto:info@airdrieedge.com).

**What if my child has done gymnastics with another club or is self-taught?** We offer assessments, free of charge, to make sure everyone's at the right learning level. Contact [info@airdrieedge.com](mailto:info@airdrieedge.com) to book an assessment.

**I have a comment, question or a concern.**

Email [info@airdrieedge.com](mailto:info@airdrieedge.com) and your message will be forwarded. If the matter is urgent, speak to any staff member.

**More questions?** Check out the full **FAQ** at [airdrieedge.com](http://airdrieedge.com)

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