

EARLY LEARNERS

Walking to under age 6

GymBaby, Tiny Tumblers, and Super Springers

(Walking to 23 months, 2 years, and 3 years)

GymBaby, Tiny Tumblers, and Super Springers classes are parent-assisted, coach-led classes focused on inspiration and discovery in a gymnastics environment. Each GymBaby, Tiny Tumbler, and Super Springer 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.

Super Springers is also available for children under 5 who are not quite ready to attend on their own. Please make arrangements to register through the Front Office.

Flying Friends, Bouncing Buddies, and Master Movers

(4 years to under 6 years)

In Flying Friends and Bouncing Buddies, you'll find the first 4 levels of our independent Early Learners program. Skills, imaginative activities, and tricky challenges inspire our Early Learners to go faster, higher and stronger!

Master Movers is 2 more levels of advanced challenges, activities, and skills tailored toward young athletes with exceptional listening and gymnastics skills.

Master Movers Prerequisite: By coach recommendation or by assessment only.

Bouncing Buddies is also available for children under 7 with developmental differences.

Please make arrangements to register through the Front Office.

4 years old	Flying Friends 1
	Flying Friends 2
5 years old	Bouncing Buddies 1
	Bouncing Buddies 2
5 years old*	Master Movers 1
	Master Movers 2

**Master Movers Prerequisite: By coach recommendation or by assessment only.*

CANGYM

ARTISTIC GYMNASTICS

Ages 6 and up

INTRODUCTORY

1
2

Switch Programs at the same level

3
4
Age 12 start level

INTERMEDIATE

5
6
7
8

Switch Programs by assessment.

ADVANCED

9
10
11
12

Switch Programs by assessment.

CanGym classes are available as follows:

Levels 1-3
(Ages 6-8,
Ages 8-11)
Levels 4-5
Levels 6-8
Levels 9-12



CANJUMP

TRAMPOLINE GYMNASTICS

Ages 6 and up

1
2

Switch Programs at the same level

3
4
Age 12 start level

Switch Programs by assessment.

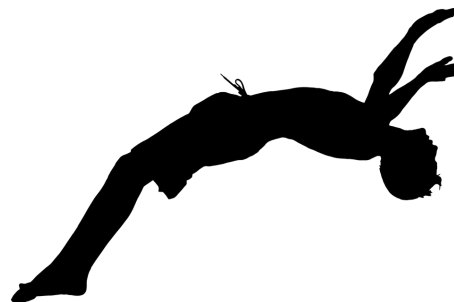
5
6
7
8

9
10
11
12

Switch Programs by assessment.

CanJump classes are available as follows:

Levels 1-3
(Ages 6-8,
Ages 8-11)
Levels 4-5
Levels 6-12



FREESTYLE

URBAN GYMNASTICS

Ages 6 and up

1
2

Switch Programs at the same level

3
4
Age 12 start level

Switch Programs by assessment.

5
6
7
8

9
10
11
12

Switch Programs by assessment.

FreeStyle classes are available as follows:

Levels 1-3
(Ages 6-8,
Ages 8-11)
Levels 4-5
Levels 6-8
Levels 9-12

AERIAL ARTS

Ages 8 and up

INTRODUCTORY

Aerial Arts is all about beautiful, circus-acrobatic movements first learned at floor level then higher in the sky.

Classes Available:

Aerial Arts Levels 1-3
(Ages 8-10)
Aerial Arts Levels 1-3
(Ages 10+)
Aerial Arts Levels 4-12

INTERMEDIATE

ADVANCED



SPECIALIZED CLASSES

Handsprings & Flips:

Level 1

(You want to learn a back handspring, and have passed level 5 in one of our gymnastics programs)

Level 2

(You can do a back handspring)

Level 3

(Advanced tumbling)

Acro

(Sport acro gymnastics)