



## **FUNDAMENTAL**

### **TINY TOTS**

**Male & Female 4 years old (Training 1-2 times per week)**

The Tiny Tots gymnastics program offers a specialized class format with a dedicated instructor. It is widely recognized that movement plays a crucial role in developing hand-eye coordination, motor skills, physical education, and cooperative learning abilities during this stage of life. Through this program, students will be introduced to the fundamentals of gymnastics in a structured manner. This engaging one-hour session is designed to bring joy and excitement to your child, while providing long-lasting physical benefits and enjoyment.

### **TUMBLE TOTS**

**(Male & Female 5 years old (Training 1-2 times per week)**

Our Tumble Tots classes are an integral component of the development program rooted in elementary gymnastics under the IGA curriculum. These classes are tailored to specific skill levels, abilities, and age groups. The curriculum focuses on providing a comprehensive introduction to the correct training techniques for bars, beam, vault, and floor, as well as flexibility and strength training. Each class is thoughtfully designed to engage your child in an enjoyable and advancing atmosphere with a primary focus on safety, injury prevention, and physical development through proper training methods.

## **ELEMENTARY**

### **TOPS & TIGER TOTS**

**(Male & Female 6 years old (Training 1-2 times per week)**

The Talent Opportunity Program is designed for a group of six-year-olds who show potential to progress into our junior teams or our recreational division. Gymnasts in this program train a minimum of 1-2 times per week for 1 hour each session, focusing on all apparatus.

The primary goal is to establish a solid foundation of fundamental skills, strength, and flexibility as a basis for mastering more advanced skills in the future. The program provides classes led by a dedicated coach who pays close attention to detail to cultivate a disciplined training approach in students. It serves as a pre-competitive program where gymnasts can look forward to participating in inter-club competitions.



# Academy Levels 2025-7



TINY TOTS 4yrs old



## Level 4

Floor	Show and hold dish & arch shape 5 sec
Floor	V-sit with hands placed on floor
Floor	Straight jump, Bunny hops
Floor	Sit in straddle & L shape - reach forward (legs straight & pointed toes)
Beam	Walk along a low beam "tippy toes"
Beam	From standing jump to front support on high beam
Vault	Hurdle step to jump onto springboard straight upward jump to land on crash mat
Vault	Squat on to 60cm block straight upward jump to land on crash mat
Bars	From hang position show arch & dish Shape hold 5 sec
Bars	Standing on a block jump and catch bar in over grasp legs and arms remain straight

TUMBLE TOTS 5yrs old



## Level 3

Floor	Show and hold Front, Side & Back scale 45 degrees 5sec
Floor	V-sit with arms out to the side and hold 5 sec
Floor	From standing show tuck jump
Floor	Straddle lever hold 5 sec
Beam	Dip walk along low beam straight upward jump dismount to land on crash mat
Beam	From standing jump to front support swing leg over beam to straddle sit
Vault	5 sprint runs 12 meters
Vault	Straight upward jump to land on crash mat step to handstand flat back
Bars	Travel in hang position with legs straight and together
Bars	Show 3 cast return to the bar

TIGER TOTS 6yrs old



## Level 2

Floor	Arabesque & Shoulder stand
Floor	Straight jump full turn step forward to 1/2 turn on one foot
Floor	Forward & Backward roll, push up to bridge
Floor	Kick to handstand hold 3sec
Vault	From springboard dive forward roll onto 60cm crash mat
Vault	From springboard handstand flat back onto 60cm crash mat
Bars	From front support cast to back hip circle
Bars	Tap swings to 90 degrees (Straps)
Beam	From straddle sit swing legs back to stand up on high beam
Beam	Wolf jump, tuck jump, split jump low beam

