



RECREATIONAL GYMNASTICS

FOUNDATION (7+ years training 1-2 time per week)

If your child has not participated in gymnastics at another club, they typically begin their gymnastics journey in the recreational program. Our goal in this program is to introduce the sport of gymnastics and focus on enhancing your child's body awareness, coordination, strength, and flexibility in a welcoming and enjoyable environment.

Age 7yrs +

1 Class per week

HIGHER FOUNDATION (Invitation Only)

The Higher Foundation program, accessible only by invitation, consists of 7-8 year olds who show potential to progress to our junior squads. Gymnasts in this group train a minimum of 2 times per week for designated hours per session, focusing on three different apparatuses. The primary objective is to establish a solid foundation of fundamental gymnastic mechanics, strength, and flexibility to pave the way for mastering advanced skills in the future. This program provides classes led by a dedicated coach who emphasizes attention to detail to instil a disciplined training approach in the students. Positioned as a Pre-Competitive training program, participants can anticipate involvement in IGA inter-Club competitions.



IGA

Floor & Vault
Inter-club Competition Program