

**Lakeland Gymnastics Program and Schedule 2012**



**PRESCHOOL & CAN GYM PROGRAMS**

All Classes vary in price due to some days of week having shorter sessions due to cancellations	11wk session	14wk session	14wk session	14wk session	11wk session	11wk session
<b>PRESCHOOL</b>	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>WIGGLETUNES</b> Age: 18mo - 3yrs. Class runs 1hr/wk (with parents)		9:30-10:30	9:45-10:45			9:00-10:00
<b>TUMBLEWEEDS</b> Age: 3-4 yrs. Class runs 1hr/wk (without parents)		10:40-11:40 1:00-2:00	11:00-12:00		10:35-11:35	10:05-11:05
<b>JUMPING BEANS</b> Age: 4-6 yrs. Class runs 1hr/wk (without parents)		1:00-2:00			10:35-11:35	11:10-12:10
<b>DARE DEVILS</b> Age: 4-6 yrs. Class runs 1.5 hr/wk (Coach recommendation required)				4:00-5:30	1:00-2:30	
<b>CAN GYM PROGRAM</b>						
<b>BEGINNER 1&amp;2 GYMNASTICS</b> (Badges: Burg-Tan) Age: Beg 1: 5-8 yrs. Beg 2: 8+years Class runs 1hr./wk		4:00-5:00 (1) 5:05-6:05 (2)		1:30-2:30 (homeschool)4:00-5:00 5:05-6:05		12:15-1:15
<b>INTERMEDIATE GYMNASTICS</b> (Badges: Tan-Purple) Age: 8+ yrs. Class runs 1hr./wk		4:00-5:00 (boys) 6:10-7:10 (girls)				
<b>TRAMPOLINE &amp; TUMBLING</b> Ages: 8+ years Class runs 1.5 hr./wk	7:05-8:35					
<b>ADVANCED 2 GYMNASTICS</b> (Badge: Purple +) Age:8+ yrs. Class runs 1.5hr./wk		7:15-8:45 (Coed)		7:05-8:35 (boys)		
<b>GYM TEENS</b> Age: 10+ Class runs 1.5 hr/wk		7:15-8:45				
<b>INTERCLUB GYMNASTICS</b> (Coach recommendation required) Age: 7+ Class runs 1.5 hrs 2*/wk.		5:30-7:00		5:30-7:00		

**WIGGLETUNES:** This program introduces your child to basic gymnastics skills in the encouraging presence of his/her parent. Rolls, bar swings, trampoline jumps, rhythm and dance, make this program extra fun.

**TUMBLEWEEDS and JUMPING BEANS:** These little ones learn beginner to advanced gymnastics skills and gain self confidence independent from their parent. They learn at their own pace in a non-competitive environment. Each week colorful obstacle courses focus on new skills. Creative warm-ups, and theme days add to make this program extra fun.

**DARE DEVILS: (Recommendation required)** This challenging program offers more advanced skills. The class while still focusing on fun also focuses on form and technique.

**BEGINNER 1&2, INTERMEDIATE, ADVANCED and TEENS:** Children in this program will work within the CAN GYM system. This program is for both boys and girls with an emphasis on fun, fitness & fundamentals. We offer creative warm-ups, games and lots of fun. (See prerequisite badge levels for Intermediate and advanced classes) We also offer Homeschool daytime classes to accommodate home schooling schedules.

**\*NEW\* FUN INTERCLUB:** This challenging program is designed to provide recreational gymnasts (age 7+) the opportunity to showcase their gymnastics. Through the FUN MEET program gymnasts will have the opportunity to go to fun gymnastics meets and perform routines while still working on their Can Gym badges. This program is for those who want more of a challenge and want to perform what they have learned.

**TRAMPOLINE & TUMBLING:** This program is for those who like to jump and fly like never before. Gymnasts work on tumbling and trampoline skills and work towards badges in the CAN JUMP program. (For safety reasons gymnasts must be able to successfully perform all prerequisite skills before being permitted to flip)

**SPECIALTY CLASSES & PRIVATE LESSONS:** Specialty & Private lessons are for children, teens, or adults who want to work on basic to advanced gymnastics skills. Dancers, skiers and other athletes can work one on one on specific skills for their sport. Gymnastics fundamentals will aid in improving your overall fitness and body awareness. Work on sport specific conditioning geared towards improving your flexibility and strength.

**COMPETITIVE GYMNASTICS**

**COMPETITIVE GYMNASTICS:** This program is for gymnasts who have demonstrated ability & desire as well as strong work ethic. Gymnasts in this program work on more advanced skills & combinations set forth in the Canadian Provincial Program. For those gymnasts who demonstrate they can perform the required routines they will be eligible to compete in the province at invitational & sanctioned events. **Tryouts are in May of each year.**

**Cost for classes:**

All 14 week One hour classes: \$ 164.00+ AGF Insurance  
 All 14 week 1.5 hour classes: \$ 227.00+ AFG Insurance  
 Interclub 1.5hr twice/ week: \$ 454.00+ AGF Insurance+meet fees

**Classes begin week of Feb 21, 2012 please check online for cancellations.**

All 11 week One hour classes: \$129.00 + AGF Insurance  
 All 11 week 1.5 hour classes: \$178.00 + AGF Insurance

**\*Note: AGF insurance is paid once/year. (Renews every June)  
 Volunteer bond (\$100) is due at time of registration**