

PRE-SCHOOL CLASS DESCRIPTIONS *Offered by Gymnastics School of Regina*

Mini Mites	1/2 hr	These are parent and tot classes. The focus of these classes is to develop gross motor skills and movement patterns. Parents play a key role in these classes. A coach guides the class and provides instruction in the basics of gymnastics.
Mighty Mites	3/4 hr	
Tiny Tumblebugs	1/2 hr	This class is an introduction to gymnastics on their own. Children should be prepared to follow instructions and stay with a group. Children who are unable to function in this class on their own should return to a parent & tot class.
Tumblebugs 1 & 2	3/4 hr	The Tumblebugs programs are the beginning of a progressive level system utilized at QCK. The programs are meant to introduce the children to the early skills of gymnastics. Children's progress is evaluated and they are given a report at the end of the session. These programs prepare the children for the Canadian CANGYM program.
3 & 4	1 hr	
Tot Gym & Dance	1 1/4 hr	This class will incorporate dance and gymnastics. Children will be learning a routine that they will perform. The class will be learning tumbling skills for 3/4 hour and then they will do a 1/2 hour dance class. This class would be great for children who enjoy dancing and gymnastics.

RECREATIONAL CLASSES *Offered by Queen City Kinsmen Gymnastics Club*

Boys and girls are divided into separate groups at this age so that they can focus on the apparatus specific to their discipline, Men's, Women's or Trampoline.

Burgundy Classes	1 hr	This class is intended to specifically deal with beginners who are new to the CANGYM badge system, or those who are working on the Burgundy badge level. Separating this badge level from the others allows a stronger focus to be placed on the basics allowing the gymnasts to lay a strong foundation to build on with the more difficult skills of the next badge levels.
Introductory Classes	1 hr	These classes cover the second and third badges in the CANGYM program. Each level builds off of the skills developed in previous levels. Children will be introduced to fundamental skills and positions, as well as safety elements utilized in the sport of gymnastics.
Intermediate Classes	1 1/2 hr	These classes cover the next three badges in the CANGYM program. At this level the development of more complex skills becomes the focus. Children may find that it takes them more than one session to complete the requirements of a badge. Gymnasts will need to make a commitment to performing skills properly and will need to work on physical conditioning in order to allow for execution of the skills at this level.
Advanced Classes	2 hrs	These classes cover the final seven badges in the CANGYM program. Gymnasts at this level will find that it takes time to complete the requirements. The level of gymnastics that they will be performing is quite challenging and requires a level of fitness, so children will be spending time on physical conditioning as part of their class.
Trampoline /Tumbling	1 hr	These classes cover a series of badges in the CANJUMP program. Trampoline, tumbling and double mini trampoline are covered throughout the class. Physical conditioning is an important component of this program.
Introductory		
Intermediate		
Advanced	1 1/2 hr	These classes cover the remaining badges in the CANJUMP program. At this level the development of more complex skills becomes the focus. Children may find that it takes them more than one session to complete the requirements of a badge. Gymnasts will need to make a commitment to performing skills properly and will need to work on physical conditioning in order to allow for execution of the skills at this level.
Performance Gym	1 hr	These classes will incorporate dance and gymnastics. Children will be learning a routine that they will perform. The class will be doing tumbling and partner skills for a half hour and then they will do a half hour dance class. This class would be great for children who are interested in cheerleading, as well as those who want to improve their tumbling skills.
Teen Gym & Tramp	1 1/2 hrs	This class is intended for older children to train within their peer group where they will feel more comfortable. The CANGYM Program will be used for the gymnastics portion and the CANJUMP Program for the trampoline portion. Physical conditioning and flexibility training are important parts of this level in order to allow for proper execution of these program's skills.
Adult Fit Gym	1 1/2 hrs	This class is intended for adults over 18 years to keep and have some fun either learning new gymnastics skills or maintaining existing ones while improving their fitness level.