

# Kids SuperGym *Mississauga* GYMNASTICS PROGRAM DESCRIPTIONS

Inquiries & Registration: 905-607-5437

## **GYMNASTICS PROGRAMS**

Kids Super Gym – Mississauga is fitness with a smile. Our facility was constructed for the purpose of challenging children in a creative, fun and safe environment. We believe kids need to be active and interactive with their peers. We intend to do this through our specially designed **GYM FIT** gymnastics programs. All of our programs will consist of the use of our equipment such as trampoline, parallel bars, balance beam, rings and sprung floor.

### **GYM TOT PROGRAM ( 45 minute / 1 x per week Parent and Tot)**

This program is a 45-minute parent assisted class designed for children aged 18 months up to 2.5 years old. *The primary goal of the parent and tot program is to introduce the sport of gymnastics to very young children.* Our focus is to encourage the development of co-ordination, strength and co-operation through play and song. Parents must be prepared to actively assist in their child's participation with instructor guidance. *The secondary goal of this program is to graduate the child into a group unassisted by the parent that will allow him/her to independently interact with their peers.* Each child will progress at his or her own pace.

### **GYM-FUN (1 hour program age 2.5 to 6 yrs old)**

In the 1-hour program, participants are introduced to the first 6 stages of our level system, adapted from the CanGym program designed by Gymnastics Canada. The main objective of GYM-FUN is to introduce the fundamentals of gymnastics, which include strength conditioning, co-ordination, balance, flexibility and agility. Through persistence, repetition and patience your child will start to understand the foundation of gymnastics that can be applied to other sports. Through circuit training and stations your child will be actively participating in our level system designed to help them advance to more complex skills while working at their own pace.

### **GYM TRIX (1 hour advanced program 6 yrs and up)**

This 1-hour program is for children that have demonstrated a more advanced level of strength, co-ordination, balance and flexibility. Most of these participants will be from our existing program and others may be from an outside program and/or other sports. At this level the participants will be working on body awareness and alignment. The motor skill development will be more advanced and children will be grouped by age and ability. As the children advance through the program their level of trust and communication with their instructor will become very important.

### **GYM-PRO (1.5 hour advanced program 6 yrs and up)**

The 1.5-hour program focuses on the refinement of previously acquired skills in order to advance their level of performance. Intense core strength training combined with spatial awareness will become an important focus as the participants start to work on more complex aerial moves. Reinforcement of proper technique in the early stages of flipping and twisting is essential in the prevention of learning "dead end skills". Participants are grouped according to age and ability.

### **TEEN-ACRO (1.5 hour advanced program 9 yrs and up)**

This program was designed for the pre-teen to teenaged participant wanting to focus on the acrobatic elements of gymnastics and strength training in a social atmosphere. The program includes activities such as trampolining, tumbling and group routines to music. In the past, this group has participated in outside events such as The Blue Jay Pre-Game show at the Skydome (Rogers Centre), representing Kids Supergym – Mississauga. With respect to the dynamics of this group, we have the opportunity to implement leadership skills allowing us to identify potential coaches for future development.

### **ACRO- TUMBLING (1 hour program 9 yrs and up)**

The acro tumbling program is geared towards the gymnast, dancer or athlete wanting to further develop their level of aerial skills using the floor, trampoline and circuit training. Backhandsprings, aerials, and saltos are the primary focus of this program; however we do offer a beginner level program to lead up to these skills.