



REGISTRATION FAQ'S

How do I know which program is right for my child?

Active Start “Supers” classes (under 6yrs) are registered mainly by age.

Class Name	Program Details
Supers & Sidekicks (2-3yrs)	Parent support required. Participants should remain in this program until they are 3yrs and capable of attending class independently.
SuperTOTS (3-4yrs)	Parent support is allowed, but the goal is independence by the 3rd class. Focus is on learning class structure through the “SuperHERO High Five”!
SuperKIDS (4-5yrs)	Independent learners, activity based. Participants continue developing class structure skills as well as learning basic gymnastics skills through age-appropriate activities.
SuperHEROES Advanced (5-7yrs)	Learners have mastered all class structure skills, have completed at least one session of SuperKIDS and are interested in sport based learning. Participants can move into the Badge program when they turn 6yrs or stay in SuperHEROES until they are 7yrs. Young participants interested in competitive gymnastics are encouraged to register for 2 SuperHERO classes per week.

To maximize success in gymnastics remember to follow these three simple rules:

- 1) Do Gymnastics Safely!** (land on your feet - give space for your friends - take turns, etc)
- 2) Listen to the Coach** (they know how to keep you safe and teach you awesome tricks)
- 3) Always try your BEST!!** (your coach can teach you more when you are trying your best every turn).

CLASSES FOR 6YRS+:

To move up in the older classes use the following as a guide:

Class Name	Program Details
Gymnastics Badges 1 & 2 (6yrs+)	Typically 2-4 sessions to master. There are 25 skills per badge (50 in total). Building a strong foundation of basic positions and critical safety landings is key to success in progressive levels.
Gymnastics Badges 3 & 4 (6yrs+)	Must “Master” all Badge 2 skills to enter or have been registered in SuperHEROES for at least 2 sessions. Can take 3-5 sessions to master (25 skills per badge, 50 in total). Basic gymnastics skills are starting to form and more advanced critical safety landings are practiced.
CanGYM Badges 5+ (7yrs+) Artistic Apparatus (12 Badges to master)	Must “Master” all Badge 4 skills to enter or have been registered in SuperHEROES for at least 5 sessions and is 7yrs+. Can take 4-6 sessions to master a single Badge).
CanGYM Badges 7+ (8yrs+) Artistic Apparatus (12 Badges to master)	(must “Master” all Badge 6 skills to enter. Can take 4-6 sessions to master a single Badge). Interested in Competitive Gymnastics? Contact us to find out more!
CanJUMP Levels 3+ (8yrs+) Trampoline & Tumbling (12 levels to master)	must “Master” all Badge 4 skills to enter. To register for the Advanced class, participants must master Level 6 in all events. Interested in Competitive Trampoline & Tumbling? Contact us to find out more!
HomeSchool Gymnastics (6yrs+) 50 minutes or 80 minutes	Just like our evening and weekend programming, but offered conveniently during the day! If you have a group of friends (at least 5 or more), but our daytime schedule doesn't work? Give us a call and we may be able to accommodate your group!
GymFIT Teen (12yrs+)	Must be in Grade 7 or higher. Progress is individually set and does not follow a specific curriculum.

In all classes, participants progress at their own individual rate. Registering in multiple classes in a session will assist with more rapid progress, but is not required.