



MARCH BREAK GYMNASTICS PROGRAMS



RECREATIONAL LEVEL CAMP

Monday March 14th – Wednesday March 16th

9:00am – 1:00pm

Ages 5-8 years old

(\$140.00)

We have revamped our usual day camp experience and are introducing our first gymnastics intensive March Break Camp experience. Gymnasts are recommended to have some previous gymnastics experience at the basic recreational level, but beginners are welcome to join as well. During the 4 hour session each day gymnasts will go through a warm up and strength training session followed by 5 event rotations. Gymnasts will spend time on Vault, Bars, Beam, Floor and Trampoline where they will be working toward a set list of skills over the 3 day course.

RECREATIONAL TRY OUT CANGYM ASSESSMENT

Tuesday March 15th

4:30pm – 7:30pm

Ages 6-9 years old

(\$25.00)

Do you know someone looking to try gymnastics without the 15 week class commitment? We will be holding a Recreational try out for new members to come and experience a Recreational Level gymnastics class. During the 3 hour class, gymnasts will be assessed by our coaching staff on the first 4 Levels of the CANGYM Badge Program. Parents will be provided with feedback regarding their child's current performance level and given suggestions on what class would be appropriate to register for in an upcoming term.

PRE-COMPETITIVE

Monday March 14th & Wednesday March 16th

4:00pm-7:00pm

Intended for current Advanced Level gymnasts (\$100.00)

Aereo Gymnastics is looking for our next wave of Competitive Team members. These Pre-Competitive classes are intended for currently enrolled Advanced Recreational and Advanced Kindergym gymnasts looking to join our Competitive Program this summer. We also encourage Recreational members to inquire about being assessed for our advanced programs if they are interested in a Competitive future with the club. Our coaching staff will be using these March Pre-Competitive classes to do an early Competitive Level assessment of the gymnast's abilities while continuing along with their current training. We will be holding a final Competitive team try out during the month of May for our 2 new Competitive groups that will run in a June 2022 – August 2022 program with a September 2022 – June 2023 Competitive season to follow for those who qualify.