

CHAMPIONS GYMNASTICS



Early Childhood Programs (Co-ed)

BABYNASTICS
(Walking age to 18 months)

PARENT & TOT
(1-2 & 2-3 years old)

PRE-SCHOOL
(3 - 5 years old)

SUPERGIRLS*
(4 - 5 years old)

4 hrs/week
(2 x 2 hrs)

Recreational Programs (Co-ed)

BEGINNER/ INTERMEDIATE/ ADVANCED

Can-Gym Program
(Badges 1 to 14)

SECONDARY PROGRAMS

Birthday Parties/ Field Trips/ T & T/ Gym-Tonic/
Sleepovers/ Open-Gym/ Adults/ Private Lessons/
Cheerleading/ Gym rentals/ Various User groups

Women's Developmental Programs*

Alberta L.E.A.P. Copper/ Bronze/ Silver/ Gold
(6-10 years old)

&

Canadian Pre-Novice Program (Aspire & Elite)
(8-10 years old)

| | | | | |
|---------|----------|----------|-----------|--------------|
| Options | 6 hrs/wk | 9 hrs/wk | 12 hrs/wk | 16-20 hrs/wk |
|---------|----------|----------|-----------|--------------|

Women's Competitive Programs*

Regional Stream (Edmonton & Area)

PROVINCIAL I

| | | | |
|------|------|--------|------|
| Argo | Tyro | Novice | Open |
|------|------|--------|------|

9 years old +/- Compulsory elements

| | | |
|---------|----------|-----------|
| Options | 9 hrs/wk | 12 hrs/wk |
|---------|----------|-----------|

Provincial Stream (Northern Alberta)

PROVINCIAL II

| | | | |
|------|------|--------|------|
| Argo | Tyro | Novice | Open |
|------|------|--------|------|

9 years old +/- Optional routines

| | | |
|---------|-----------|-----------|
| Options | 12 hrs/wk | 16 hrs/wk |
|---------|-----------|-----------|

(Alberta)

PROVINCIAL III

| | | | |
|------|------|--------|------|
| Argo | Tyro | Novice | Open |
|------|------|--------|------|

9 years old +/- Optional routines

| | | |
|---------|-----------|-----------|
| Options | 16 hrs/wk | 20 hrs/wk |
|---------|-----------|-----------|

Inter-Provincial Stream (Western Canada)

PROVINCIAL IV - V

| | | | |
|---------|---------|-----------|---------|
| Argo IV | Tyro IV | Novice IV | Open IV |
|---------|---------|-----------|---------|

| | | |
|--------|----------|--------|
| Tyro V | Novice V | Open V |
|--------|----------|--------|

9 years old +/- Optional routines

Minimum 20 hrs/wk/ Split Training (optional)

National Stream (Canada)

National Novice

10-12

National Open

13+

Min. 20 hrs/wk/ Split Training (mandatory)

High Performance Stream (International & World)

Novice

10-12

Junior

(12)-14-(15)

Senior

(15)-16+

Min. 24 hrs/wk/ Split Training (mandatory)

* Upon recommendation by Champions Gymnastics/ Athletes are on a yearly Contract.

Owned & Operated by Michel Arsenault & Valérie Oudin
(N.C.C.P. Level 4 certified & Canadian Olympic Coaches)

www.championsgymnastics.ca