

# GYMNASTICS LESSONS & LEVELS | WINTER 2023

## EARLY YEARS

### Parent & Tot 1-4y

Join us for an introduction to gymnastics and movement education! Assist your child as they navigate the basics of walking, running, and learning to jump while exploring the gym

### On My Own 3-5y

Roll, hang, swing, jump, balance, and bounce in an independent gymnastics class for children! Work on basic gymnastics skill development and coordination on all of the equipment.

### Private Sessional 3-5y

All gymnastics levels welcome. There will be a brief gymnastics skill assessment on the first day, and then the rest of the learning will be customized to suit each student's skill level.

## SCHOOL AGE

### Open Level

Join us for an introduction to vault, bars, beam, floor, and trampoline. All gymnastics levels welcome! There will be a brief gymnastics skill assessment on the first day, however, there will be no formal reports cards given at the end of the program.

### Advanced Level

Continue to advance your gymnastics skills while developing strength and flexibility. Must have prerequisite or arrange a tryout to participate in this program. Please email [gymnastics@westvancouver.ca](mailto:gymnastics@westvancouver.ca) for tryouts.