



Program Descriptions

Mom, Dad & Me (60mins) 18mths-36mths

This semi-structured one hour program is designed to promote movement, gross motor skills, socialization and most of all FUN with a parent or caregiver.

Special Needs Mom/Dad & Me (60mins)-2 yrs-5yrs A semi structured class that exposes children to movement, socializing, gross motor skills while being assisted through all equipment and obstacle course.

Kindergym (75mins)

This program is offered to children 3-5 years of age and is geared to channel your child's energy in fun filled ways with an entertaining mix of basic gymnastics, body awareness and games.

School Age Recreational (75mins) 5yrs and Up

These programs are designed for junior boys and girls focusing on a more structured approach to FUN, FITNESS AND FUNDAMENTALS, of gymnastics.

Senior Recreational Girls (75mins)

This program is designed for ages 8 and up and is designed to be skill oriented including sport specific conditioning to build strength and agility.

Senior Recreational Girls (60mins) 10yrs and Up

This program is designed to focus on Strength, Flexibility and Conditioning for athletes interested in advancing their gymnastic skills. Class is one hour, with no break throughout. Each class will focus mainly on Floor skills along with one apparatus per week. (Beam/Vault/Bars)

To register, download registration form from our website or contact the Gym!

Located at: 205 Hospital Street, Sydney, NS B1P 2J2 Phone: 902-567-1603