# Advanced Gymnastics Program from GMMCPLD

At Gymworld, our mission has always been to expand children's access and experiences in the sport of gymnastics. We aim to provide children of all ages and abilities with safe and exciting opportunities to participate in gymnastics activities which allow them to develop strength, flexibility, balance and co-ordination as well as concentration, persistence, social skills and self-discipline.

Don't we all want this for our children?

## Introducing our Gymworld Gems Program!

This is a contemporary stream of Gymworld programming available by invitation or assessment only. Blending the best of our advanced (recreational) and competitive programs, the Gymworld Gems allows eager young gymnasts to train in Women's Artistic Gymnastics (WAG) in a way that is more flexible and inclusive than ever before.

Gymworld Gems is ideal for girls who want to learn at an accelerated pace, hone and develop their skills, experience the "team" ethic, and perform their own routines. With extended gym time, additional training sessions, and quality instruction, Gymworld Gems offers the advantages of competitive training within a recreational program.



Exceptional, competitive-caliber coaching
Flexible training options
Additional gym time
No additional fees or commitments\*

\*Excluding the annual \$40 +HST Membership fee, which applies to all children registered in any of our programs (exempt for all July & August Mini-Sessions)

### Does this sound familiar?

- Your daughter loves gymnastics, but wants to participate in other sports/extracurriculars throughout the year
- You can't commit to multiple competitions, volunteering or fundraising initiatives
- ✤ You want to forgo the high costs of travel, uniforms and competition fees

### Gymworld Gems has the solutions!

- Unlike traditional competitive programs, Gymworld Gems programming is available on a seasonal basis (Fall, Winter, Spring sessions and Summer Mini-sessions)
- Gymworld Gems won't require additional time commitments beyond your daughter's training schedule
- Gymworld Gems will have the opportunity to participate in showcase and/or other inhouse events during our full length sessions (Fall, Winter & Spring sessions)

	Age 4-6 (2018-2020)	Age 7-9 (2015-2017)	Age 5-9 (2015-2019)	Age 10+ (2014 & earlier)	Age 9+ (2014 & earlier)
	Pearl	Jade	Ivory	Sapphire	Amethyst
Days/Week	1	1	2	1	2
	Tues	Mon OR Fri	Mon AND Fri	Mon OR Tues OR Fri	Mon AND Fri
Practice Length	2 hours	2 hours	2 hours x 2 classes	2 hours	2 hours x 2 classes
Training Times	Tues 5:00-7:00	Mon 6:30-8:30 OR Fri 4:30-6:30	Mon 4:30-6:30 AND Fri 4:30-6:30	Mon 4:30-6:30 OR Tues 6:00-8:00 OR Fri 6:30-8:30	Mon 6:30-8:30 AND Fri 6:30-8:30
Weekly Hours	2	2	4	2	4
Fall Session Cost	\$490	\$490	\$665	\$490	\$665

#### **Fall Session 2024 Fee Information:**

Session cost refers to the price for our 14-week Fall Session. All prices are subject to HST.

Financing options may be available by arrangement through the office at <u>info@gymworld.ca</u>.

Please reach out to the office at <u>info@gymworld.ca</u> to arrange an assessment for your daughter to determine acceptance and fit within the Gymworld Gems program.