

We run 3 sessions throughout the year:

September-December, January-April, and May-June

**Lightning Cheer Team & Competitive Gymnastics Team** are competitive teams that practice twice every week for regular training. These athletes also attend “Strong and Skilled” every other Sunday, to condition and stretch. The cheer and gym team also travel for meets and compete with other teams around us. Athletes must commit to the full season which runs September-April.

**Strong & Skilled** is an advanced class exclusively for athletes on the competitive cheer and/or gymnastics teams. This class focuses on enhancing strength, refining techniques, and mastering complex skills on various apparatuses, including bars, beams, and floor. Participants will engage in rigorous conditioning and flexibility training, empowering them to reach their full potential in a challenging and motivating environment tailored for competitive athletes.

**Gymnastics** classes focus on teaching basic skills like tumbling, balance, and strength in a fun, non-competitive environment. They emphasize fitness, coordination, and confidence-building for all ages and skill levels. We offer many different gymnastics classes throughout the years sessions. These classes are offered based on age (18m-3 years, 3-5 years, 6-10, 11+). The length of the class varies based on the age range.

**Bars and Beams** is a focused class where athletes learn skills exclusively on the uneven bars and balance beam. Participants will develop strength, balance, and coordination while mastering key movements like swings, holds, mounts, and dismounts. This class is perfect for gymnasts who want to enhance their skills on these two apparatuses in a fun, encouraging environment.

**Tumbling** is an energetic class designed for +6 year old children to develop foundational skills in tumbling. Participants will learn techniques such as rolls, handstands, cartwheels, and back handsprings in a fun, dynamic environment. This class focuses on building strength, flexibility, and coordination, helping athletes progress at their own pace while gaining confidence in their tumbling abilities.

**Skills and Drills** is a drop-in class designed for gymnastics athletes who want to focus on refining and mastering individual skills. Each week, we dive deep into a specific skill, breaking it down into key drills and techniques to help athletes perfect their form and execution. Whether you're looking to sharpen existing abilities or tackle new challenges, this class is the perfect way to build confidence and achieve mastery, one skill at a time. All skill levels are welcome!

**Mini Gymnastics Parented** classes offer little gymnasts and their parent/guardian opportunity to grow and learn together in a new environment. This is an interactive program that improves gross motor skills, cognitive, social and physical development. These classes are for 18 months to 3-year-old athletes. Parents/guardians are encouraged to participate; however, you may choose to watch if the coach and parent deems it appropriate. We ask that parents/guardians to not leave the building during this class.

**Mini Gymnastics** is a fun, engaging class designed for 3-5-year-old children to develop motor skills, balance, and coordination. Through age-appropriate activities, kids will explore basic gymnastics movements like jumping, rolling, and balancing, all in a playful, supportive environment. This class promotes confidence, body awareness, and a love for movement! We encourage parents/guardians to watch these classes from the viewing area and allow the little athletes to learn structure and independence. Parents/guardians may also drop off children and pick up after class, if the child is comfortable with them leaving.

**Ninja** classes for young children are high-energy sessions that focus on agility, strength, and coordination through fun obstacle courses and dynamic challenges. Kids will climb, jump, crawl, and balance their way through various obstacles, building confidence and physical skills while having a blast. Perfect for active kids who love adventure and movement!

**Mini Ninja** is an action-packed class where little ones can develop agility, strength, and balance through fun, age-appropriate obstacle courses. Children will climb, jump, and crawl through exciting challenges, building coordination, confidence, and a love for active play in a safe and supportive environment! We encourage parents/guardians to watch these classes from the viewing area and allow the little athletes to learn structure and independence. Parents/guardians may also drop off children and pick up after class, if the child is comfortable with them leaving.

**Mini Ninja/Mini Gymnastics** combines the excitement of ninja-style obstacle courses with the foundational skills of gymnastics. Kids will jump, climb, balance, and tumble through fun, age-appropriate challenges that build strength, coordination, and confidence. This class promotes active play, body awareness, and a love for movement in a safe, supportive environment! We encourage parents/guardians to watch these classes from the viewing area and allow the little athletes to learn structure and independence. Parents/guardians may also drop off children and pick up after class, if the child is comfortable with them leaving.

**Homeschool Gym** is a daytime class designed for homeschool students to build strength, flexibility, and coordination while learning gymnastics in a fun, structured environment. Kids will practice tumbling, balancing, and using gymnastics equipment, all while developing physical fitness, discipline, and confidence. Perfect for homeschool families looking for an active, social, and educational experience!

**Stretchy Seniors** is a low-impact class designed to improve flexibility, balance, and strength for older adults. Through gentle movements and modified gymnastics exercises, participants will work on enhancing mobility, coordination, and overall well-being. This class promotes staying active, building confidence, and maintaining a healthy lifestyle in a safe, welcoming environment tailored to seniors.

**Birthdays** are to be celebrated! We would love to celebrate with you. We have availability on Saturdays, based on coach availability. Birthdays at the club will include a 1-hour class for up to 8 kids (we can take an additional 8 children, if coaching is available). After the fun and laughs in the gym, enjoy cake and presents in our birthday party area for another hour. 2-hour rental (including 1 hour of coaching of gymnastics plus 1 hour of front of the house rental) is \$150. \$100 cleaning fee will be required at time of booking that will be refunded after facility adequately cleaned up.

**Private Group Bookings** can be booked at Slave Lake Gymnastics Association. We provide an opportunity for private groups as well as teams to utilize our wonderful facility for training and recreational purposes. We are excited to celebrate your special occasions as we offer gymnastics and party time bookings as our schedule allows.