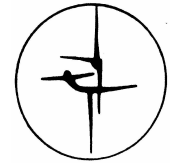
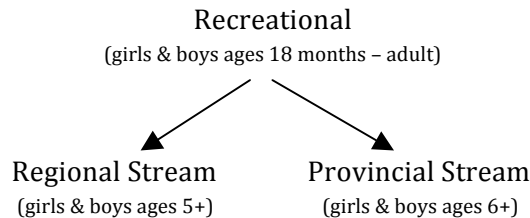


Winnipeg Gymnastics Centre



3-1249 Clarence Avenue, Winnipeg, MB, R3T 1T4
Phone: 204.475.9872 wingym@mts.net
www.winnipeggymanasticscentre.com

Programs



Recreational programs are designed to provide a fun, safe atmosphere for everyone from age 1 to 99 to learn the fundamental movements of gymnastics, improve strength, balance, coordination, and flexibility, and to begin learning more difficult skills. Our team of enthusiastic coaches will lead gymnasts through progressions on the floor, beam, vault, bars, trampoline and foam pit. No experience is required and it's never too late to start. Gymnasts can remain in recreational classes or aim to move across to one of our competitive programs (Regional or Provincial stream).

The **Regional Stream program** is divided into five levels: *Pre-Competitive, Beginner, Intermediate, Advanced, and Advanced Optional*. Gymnasts who show promise in recreational classes may be invited to join the *pre-competitive* group (ages 5+) where they will learn the required skills before moving into one of the competitive levels (ages 7+). These gymnasts train between 3 and 6 hours per week and compete throughout the province. By invitation only.

The **Provincial Stream program** is divided into multiple levels: *pre-competitive, P1, P2, P3, P4, P5, and pre-novice to national*. The requirements for P1 and P2 are equal to those for Regional Stream *Advanced and Advanced Optional*, which allows some opportunity for movement between streams. Gymnasts who show promise in recreational classes may be invited to join the *pre-competitive* group (ages 6+) where they will learn the required skills before moving into one of the competitive levels (ages 8+). These gymnasts train between 3 and 16 hours per week and compete throughout the province and the country. By invitation only.

Classes run from
12 September 2011 to 24 June 2012

With the exceptions of:

October 10 – *Thanksgiving*
October 31 – *Halloween*
December 23 to January 8 – *Christmas Break*

February 20 – *Louis Riel Day*
March 26 to 30 – *Spring Break*
April 6 & 9 – *Easter*
May 21 – *Victoria Day*

Any questions please contact **Celia Champion** at 475.9872