

**Recreational Gymnastics Program**

**BabyGym** (Assisted)  
4 - 12 months • 30 minutes

**PreGym** (Assisted)  
1 - 3 years • 45 minutes

**KinderFun** (Unassisted)  
4 - 5 years (must be in Kinder) • 1 hour

**GymBasics**  
5 - 6 years (must be at school) • 1 hour

**GymFun**  
6 - 8 years • 1 hour

**GymSkills**  
8 - 10 years • 1.25 hours

**GymSkills Intermediate**  
10 - 12 years • 1.5 hours

**GymSkills Advanced**  
12+ years • 2 hours

**Aerobic Gymnastics**

**Aerobics Recreational**  
6 - 12 years • 1 hour

**Aerobics Squad**  
Ability based • 1.5 - 3 hours

**Gymstar Competitive Program**

**Mini Squad** (Developmental)  
4 - 7 years old • 1 hour

**Junior Squad**  
Gymstar Level 1 - 4 • 2 hours

**Senior Squad**  
Gymstar Level 5 - 10 • 2.5 hours

**Satellite Programs**

**PlayGym** (Casual)  
9 months - 5 years • 45 minutes

**Gym4Me**  
10+ years • 1 hour

**Adult Gym** (Casual)  
18+ years • 1.5 hours

**Accessible Programs**

**GoZone**  
5+ years (additional needs) • 1 hour

**Special O**  
8+ years (additional needs) • 1 hour