

## Chimo Gymnastics



All Chimo gymnastics contract programs are coached by certified instructors and are held in the beautiful, bright, dedicated gymnastics facility in the Comox Community Centre.

### Introductory

3 - 5 years  
Independent classes during which coaches work with the children to develop independence, problem solving, balance, coordination, and confidence. Learning the fundamental movement patterns of gymnastics, sport, and life. Preschool levels 1-3.

### Intermediate

3 - 5 years  
Children work more challenging versions of landings, springs, locomotion, statics, and rotations. For children who are ready to refine their movement into basic gymnastic skills. Mastery at any level depends upon repetition and corrected practice. Preschool levels 3+.

### Parent & Tot - C

1 - 3 years  
A child-directed structured discovery of the fundamental movement patterns of gymnastics. Caregivers lead little ones through the circuits as coaches give active direction, feedback, and encouragement to parents and participants to ensure they get the very most out of their first gymnastics experience. Drop In \$10 if space permits.

### Advanced

3 - 5 years  
Increased focus on physical development (strength, flexibility, and agility). Basic gymnastics techniques and progressions will be further developed and implemented. Remember the importance of time and repetition. Preschool levels 4+ (minimum 3 sessions.)

### Independent Tots

2 - 3 years  
This program promotes independent learning in a safe and structured environment. Children must be able to work without their parents by the third or fourth week, otherwise we recommend moving to a parent and tot class. Prerequisite: one parent and tot session.

#### PRESCHOOL PROGRAMS

|                           | MONDAY<br>No class Feb 12  | WEDNESDAY   | THURSDAY  | FRIDAY                        | SATURDAY<br>No class Feb 10                                    |
|---------------------------|--|---|---|-------------------------------|--|
| Parent & Tot              | 9:00-9:45am<br>11/\$99 #3923   | 9:00-9:45am<br>12/\$108 #3924   | 9:00-9:45am<br>12/\$108 #3925                                       |                               | 12:30-1:15pm<br>11/\$99 #3922                                  |
| Independent Tot           | 11:00am-12:00pm<br>11/\$132 #3926  | 9:00-10:00am<br>12/\$144 #3927<br>11:00am-12:00pm<br>12/\$144 #3928                                 |   |                               |  |
| Introductory<br>Preschool | 9:00-10:00am<br>11/\$132 #3931<br>10:00-11:00am<br>11/\$132 #3945<br>11:00am-12:00pm<br>11/\$132 #3946 | 10:00-11:00am<br>12/\$144 #3948<br>11:00am-12:00pm<br>12/\$144 #3949                                | 11:00am-12:00pm<br>12/\$144 #3952<br>12:30-1:30pm<br>12/\$144 #3976 | 1:45-2:45pm<br>12/\$132 #3929 | 1:30-2:30pm<br>11/\$132 #3930<br>2:30-3:30pm<br>11/\$132 #3953 |
| Intermediate<br>Preschool | 10:00-11:00am<br>11/\$132 #3954<br>12:30-1:30pm<br>11/\$132 #3972                                      | 9:00-10:00am<br>12/\$144 #3955<br>10:00-11:00am<br>12/\$144 #3970<br>12:30-1:30pm<br>12/\$144 #3971 |   |                               |  |
| Advanced Preschool        | 12:30-2:30pm<br>11/\$242 #3974   |   | 10:00-11:00am<br>12/\$144 #3975                                     |                               | 2:30-4:00pm<br>11/\$198 #3973                                  |

Winter Session runs: Jan 6 - Mar 29 Note: No classes: Feb 10, 11, 12, Mar 30 & Apr 2

| CANGYM BOYS' & *CO-ED RECREATIONAL PROGRAMS  |   |   |  |  |
|--|---|---|--|--|
|  | TUESDAY   | THURSDAY  | FRIDAY   | SATURDAY<br>No Class Feb 12  |
| Intro<br>*CO-ED  | 5-8 years<br>3:00-4:30pm<br>12/\$216 #3977<br><br>5-7 years<br>4:30-5:30pm<br>12/\$144 #3981<br><br>8 years & up<br>5:30-6:30pm<br>12/\$144 #3982 | 7 years & up<br>4:30-6:00pm<br>12/\$216 #4009                       | Interm/<br>Advanced<br><br>CO-ED<br>5 - 9 years<br>2:45-4:45pm<br>12/\$242 #4019 | 5-8 & 9-13 years<br>12:30-2pm<br>11/\$198 #3978<br><br>7 years & up<br>2:00-3:30pm<br>11/\$198 #4018 |
| Intro Boys   |   | 5-7 years #3984<br>8 years & up<br>#3985<br>3:00-4:30pm<br>12/\$216 |  |  |
| Intermediate/<br>Advanced  | Boys<br>5-9 years<br>3:00-4:30pm<br>12/\$216 #3990  |   | Boys<br>6 years & up<br>2:45-4:45pm<br>12/\$242 #3994                            | CO-ED<br>5-8 & 9-13 years<br>2:00-4:00pm<br>11/\$242 #3988   |
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### CanGym Programs: Girls only, Boys only and Co-ed.

#### Intro: CanGym

1-4 (burgundy, red, tan, bronze)  
Skills are taught and refined through progressions and basic skills at each level. Because of the nature of the programme and small class sizes children can be challenged at a variety of levels within the same class.

#### Intermediate/Adv: CanGym

3-8 (tan, bronze, purple, blue, turquoise, silver) Focus is on mastering fundamental skills on men's or women's gymnastics apparatus.

#### Adv: CanGym

Continued advancement on the apparatus using a modified version of the CanGym programme.

**All Chimo program participants must have a current GBC \$30 membership.**

| CANGYM GIRLS' RECREATIONAL PROGRAMS  |   |                                 |                                |                                 |  |
|--|---|---------------------------------|--------------------------------|---------------------------------|--|
|  | MONDAY<br>No Class Feb 12   | TUESDAY                         | WEDNESDAY                      | THURSDAY                        | FRIDAY                                     |
| Intro<br>3:00-4:30pm   | 5-7 years<br>11/\$198 #3979<br><br>8 years & up<br>11/\$198 #3980 | 5-9 years<br>12/\$216 #4011     | 5-8 years<br>12/\$216 #3983    | 5-9 years<br>12/\$216 #3986     |  |
| Intro/<br>Intermediate<br>4:30-6:00pm  |   | 7 years & up<br>12/\$216 #4010  |                                | 7 years & up<br>12/\$216 #3987  |  |
| Intermediate/<br>Advanced:<br>3:00-4:30pm  | 7-9 years<br>11/\$198 #3991                                       | 5-9 years<br>15/\$216 #3989     | 7 years & up<br>12/\$216 #3992 | 5-9 years<br>12/\$216 #3993     | 5-9 years<br>2:45-4:45pm<br>12/\$242 #3995 |
| Advanced<br>4:30-6:30pm  |   | 6-9 years<br>12/\$264 #4012     |                                | 6-9 years<br>12/\$264 #4013     |  |
| Advanced<br>6:30-8:30pm  |   | 10-13 years<br>12/\$264 #4014   |                                | 10-13 years<br>12/\$264 #4015   |  |
| Teen Rec<br>6:30-8:30pm  |   | 14 years & up<br>12/\$264 #4016 |                                | 14 years & up<br>12/\$264 #4017 |  |
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### School Field Trips

A marvelous opportunity to allow your class to explore and learn about the wonderful world of gymnastics. Our facility is very well equipped and provides a great setting for learning. Prices are per child and vary with how you block the time. We can facilitate greater learning with a block of four sessions than we can with a single lesson. (Register with Chimo.)



follow us  

REGISTRATION STARTS MONDAY November 17 | [See page 84](#)





## Birthday Parties

Having your party at the spectacular Chimo Gymnastics facility is a highly sought combination; low stress for parents, and HUGE fun for kids. First part: organized/free time, games and circuits with the coaches. Second part: food, fun, and family time in Room A. Please note that food is not included with the fee. Maximum of 16 participants included in the price; \$7.00 for each additional child to maximum of 30. Children under 4 must have an adult directly participate with them. Only participating children are allowed on the equipment, adults are present as supervisors.

Sundays  
 10:30 am - 12:15pm,  
 11:45 am - 1:30 pm,  
 1:00 - 2:45 pm or  
 2:15 - 4:00 pm  
 \$130 + gst

## HighSchool Gymnastics

A basic competitive program which allows high school age girls to compete and represent their school. 4 hour commitment.

## Cross Training - C

13 years and up  
 Class will be with instruction but focused on the areas of individual interest; more for those wishing to apply gymnastic skills to other activities and conditioning.

## T&T1

Gymnastics, dance, cheerleading, circus arts, and martial arts are all areas which incorporate gymnastic movements. Our coaching staff, along with our spring floor, in and out of ground trampolines, tumble trak, power tumbling strip, and foam pit, will help students develop front and back tumbling skills, aerials and more.

## Interclub

This is a programme designed to improve fitness and body positions required for the development of new skills. Athletes will then use these skills in routines with opportunities to perform in front of adjudicators at some Island competitions. 4 hour commitment. Note: Registration and payment are done through Chimo.

**\*GBC\* \$30 non-refundable fee is valid from Sep 9/17 to Aug 31/18 and is not prorated.**

## T&T2

This class is for older, more experienced students. Equipment will be utilized to refine and develop the skills learned in T & T1. Prerequisite T & T1 and/or permission of the Program Director.

### SPECIAL PROGRAMS

|  | MONDAY<br>No Class Feb 12  | TUESDAY   | WEDNESDAY   | THURSDAY  |
|--|--|---|---|---|
| Cross Training<br>13+ years  | 8:15-9:15pm<br>11/\$132 #4005<br>*Both days<br>23/\$253 #4007<br>Drop-in \$13.50 |   | 8:15-9:15pm<br>12/\$144 #4006<br>*Both days<br>23/\$253 #4007<br>Drop-in \$13.50                        |   |
| Tramp & Tumbling   |  | T&T1<br>6:30-8:00pm<br>8-13 years<br>12/\$216<br>#4001                            |   | T&T2<br>6:30-8:30pm<br>10 years & up<br>12/\$242<br>#4002                         |
| Home School  | 5-8 & 9-13 years<br>12:30-2:00pm<br>11/\$198 #3996                               |   | 7 years & up<br>10:00am-12:00pm<br>12/\$264 #3997<br>5-8 & 9-13 years<br>12:30-2:00pm<br>12/\$216 #3998 |   |
| InterClub Junior #4003<br>6-9 years<br>Tuesdays & Thursdays<br>4:30-6:30pm<br>InterClub Senior #4004<br>10-13 years<br>6:30-8:30pm |  | 24/\$468<br>*Must register for both days & with Chimo                             | Note:<br>These classes have a monthly payment option  | 24/\$468<br>*Must register for both days & with Chimo                             |
| HighSchool Gymnastics  |  | 13 years & up<br>6:30-8:30pm<br>24/\$528<br>#4008<br>*Must register for both days |   | 13 years & up<br>6:30-8:30pm<br>24/\$528<br>#4008<br>*Must register for both days |

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