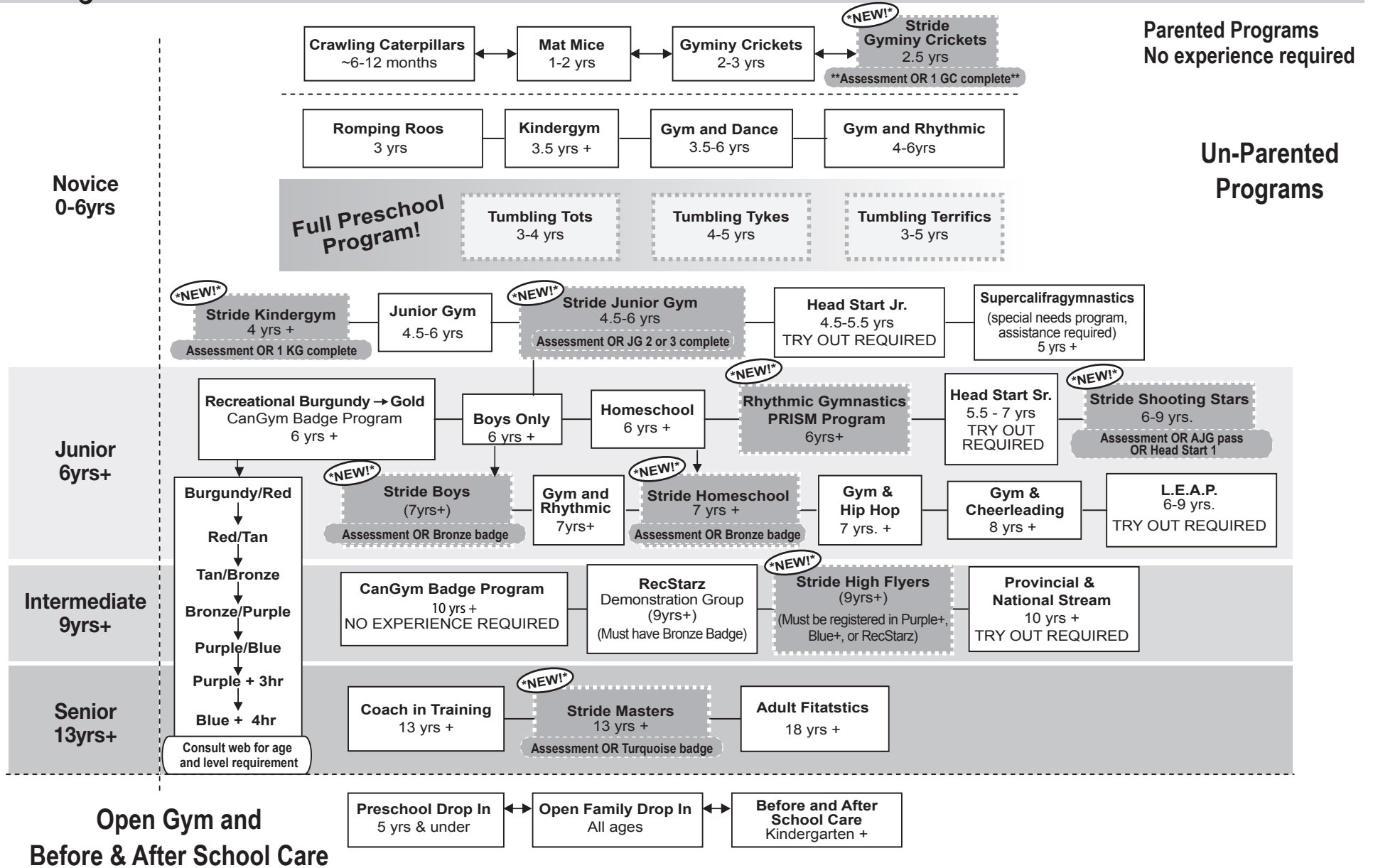


Program Selector



Crawling Caterpillars
~6-12 months

Mat Mice
1-2 yrs

Gyminy Crickets
2-3 yrs

NEW!
Stride
Gyminy Crickets
2.5 yrs
****Assessment OR 1 GC complete****

Romping Roos
3 yrs

Kindergym
3.5 yrs +

Gym and Dance
3.5-6 yrs

Gym and Rhythmic
4-6yrs

Full Preschool Program!

Tumbling Tots
3-4 yrs

Tumbling Tykes
4-5 yrs

Tumbling Terrifics
3-5 yrs

NEW!
Stride Kindergym
4 yrs +
Assessment OR 1 KG complete

Junior Gym
4.5-6 yrs

NEW!
Stride Junior Gym
4.5-6 yrs
Assessment OR JG 2 or 3 complete

Head Start Jr.
4.5-5.5 yrs
TRY OUT REQUIRED

Supercalifragymnastics
(special needs program, assistance required)
5 yrs +

Recreational Burgundy → Gold
CanGym Badge Program
6 yrs +

Boys Only
6 yrs +

Homeschool
6 yrs +

NEW!
Rhythmic Gymnastics
PRISM Program
6yrs+

Head Start Sr.
5.5 - 7 yrs
TRY OUT REQUIRED

NEW!
Stride Shooting Stars
6-9 yrs.
Assessment OR AJG pass OR Head Start 1

Burgundy/Red
↓
Red/Tan
↓
Tan/Bronze
↓
Bronze/Purple
↓
Purple/Blue
↓
Purple + 3hr
↓
Blue + 4hr

NEW!
Stride Boys
(7yrs+)
Assessment OR Bronze badge

Gym and Rhythmic
7yrs+

NEW!
Stride Homeschool
7 yrs +
Assessment OR Bronze badge

Gym & Hip Hop
7 yrs. +

Gym & Cheerleading
8 yrs +

L.E.A.P.
6-9 yrs.
TRY OUT REQUIRED

Intermediate 9yrs+

CanGym Badge Program
10 yrs +
NO EXPERIENCE REQUIRED

RecStarz
Demonstration Group
(9yrs+)
(Must have Bronze Badge)

NEW!
Stride High Flyers
(9yrs+)
(Must be registered in Purple+, Blue+, or RecStarz)

Provincial & National Stream
10 yrs +
TRY OUT REQUIRED

Senior 13yrs+

Coach in Training
13 yrs +

NEW!
Stride Masters
13 yrs +
Assessment OR Turquoise badge

Adult Fitatstics
18 yrs +

Preschool Drop In
5 yrs & under

Open Family Drop In
All ages

Before and After School Care
Kindergarten +