

Slave Lake Gymnastics Association Classes

Cheer Team & Gymnastics Team

These two teams are competitive and meet twice weekly for regular training. These teams also have strong and skilled training once every two weeks on top of regular training. The teams travel for competitions and will interact with other teams around us. Athletes must commit to the full season which we run from early September to Late April.

Gymnastics

Register your child according to their age as of the first day of the Fall 2023 season: September 10, 2023. Class length varies to allow flexibility in your family's scheduling.

Mini Gymnastics Parented- 18 months+

Little gymnasts and their caregiver will be encouraged to grow and learn together in a new environment. This is an interactive program to allow our athletes to improve motor skills, cognitive, social, and physical development. These programs are for our 18 months to 3-year-old athletes. Parents are encouraged to participate, however may choose to watch if coach and parent deems appropriate. We ask parents to not leave the building during this class.

Mini Gymnastics

When our gymnasts are ready to roll on their own, we offer age-based programming to build on the basic skills they are busy developing. The 3, 4 and 5 year old programs will encourage independent growth as we introduce progressions for gymnastic skills they will use in all future programs. We have daytime and evening opportunities. We encourage parents to watch these classes from the viewing area and allow the little athletes to learn structure and independence. Parents are also able to drop off children and pick up after class, if the athlete is able to handle the parent leaving.

Ninja

We strive to encourage a lifelong love of physical activity for our athletes. Our Ninja Warrior classes aim to develop strength, conditioning, and agility training in a fun and fast paced environment. An opportunity to challenge themselves to achieve a new personal best.

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Homeschool Open Gym

Our new open gym times will allow athletes to develop skills with their own goals in mind. Our wonderful coaches will be facilitating and encouraging your athlete in this unstructured environment. A perfect opportunity for independent thinkers and leaders of all ages.

Bars and Beams

Your athlete will have fun developing and learning skills on these two apparatuses. The kids always want to play on the bars and beams, and this is their chance!

Strong & Skilled

Workshops with a different focus every second week focusing on conditioning and skill building. Athletes must be registered in another class as well.

Stretchy Seniors

This will be a low impact stretching and flexibility class for our older gymnasts. Come join us for an opportunity to stay strong and limber.

Birthdays

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

Slave Lake Gymnastics is also able to 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.