

WHAT IS CANGYM?

The program focuses on learning and achievement of each individual gymnast outside of the competitive context of sport.

At the entry point, regardless of age, each participant will be introduced to the Core Fundamental levels which are aimed at developing the Fundamental movement patterns necessary to succeed in all gymnastics disciplines.

CanGym is hoping to develop young gymnasts who by the end of the class will have:

1. Strong motor and physical fitness as well as an understanding of the fundamental movement patterns
2. Problem solving and cooperative techniques through game and activities
3. Increased self-esteem through challenges and successes both for the group or individual
4. To inspire a passion for sport and activity through cooperative, social and team-oriented games and activities
- 5.

CANGYM CORE FUNDAMENTALS 1 & 2 PROGRAM

Do you have a child that is interested in trying out gymnastics for the first time? Do you want your child to develop their fundamental movement skills and become more physically literate? If your child is 6 years old or older we want you to join us!

Dynamyx Gymnastics is very excited to be the first artistic gymnastics club in Northern Alberta to pilot a new National recreational gymnastics program.

What is it all about?

At Dynamyx Gymnastics Club we will begin our pilot program for the spring session for an 8 week session. Students will meet weekly for a one hour class once a week where they will learn the fundamental movement patterns of gymnastics.

We will have opportunities for feedback from the parents both during the session and after the session which we will relay back to Gymnastics Canada.



What is the difference between the CANGYM Core Fundamentals Program and CANGYM Burgundy/Red?

The Pilot program has been developed to start kids off with an education in general gymnastics which will give children a stronger basis of skill knowledge when they look to specialize in a gymnastics sport such as artistic, rhythmic, acrobatic, trampoline gymnastics. The students in this class will work on developing their fundamental movement patterns with minimal equipment to truly develop the overall physical literacy of the child.

There are two levels within this pilot program and students will be assessed throughout the session. There will be the opportunity for parents to give feedback on the program which will be communicated directly with Gymnastics Canada. This is an exciting program to be part of at the development stage as it can help develop our gymnasts into overall stronger athletes in other sports.

The Burgundy/Red program is designed for artistic gymnastics only. While the artistic gymnastics skills do take place on equipment such as the beam, bars, vault, floor, pommel, rings the students at this level are taught the Fundamental Movement Patterns while using the equipment as a supplement. Students are assessed throughout the session and will receive a progress report at the end of the session.

for more information visit our website at www.dynamyxgymnastics.com

Program Philosophy

“CanGym” is a nationally recognized program that unites participants, coaches, clubs and communities of all gymnastics discipline. Utilizing an inclusive and developmentally appropriate approach, the CanGym program empowers participants to build a foundation of physical competence and confidence to enjoy a lifetime of healthy, active living.”



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