CHAMPIONS GYMNASTICS

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Owned and operated by Michel Arsenault, ChPC & Valérie Oudin, ChPC/ NCCP Level 4 certified & Canadian Olympic coaches

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EARLY CHILDHOOD PROGRAMS

BABYNASTICS
Crawling age to 17 months/
Co-ed

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PARENT & TOT
18 months to 3.5 yrs old/
Co-ed

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PRE-SCHOOL
3.5 yrs old - 5.5 yrs old/
Co-ed

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SUPER TYKES
4 yrs old - 6 yrs old/ Co-ed/ 1.5 hr classes/
On recommendation by coach

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SUPER TOTS
4 yrs old - 6 yrs old/ Girls only/ 2 hr classes/
On recommendation by coach

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SUPER GIRLS
4 yrs old - 6 yrs old/ Girls only/
By invitation

RECREATIONAL PROGRAMS

BEGINNER
6 yrs old +/ Co-ed/
CanGym Badges 1-4

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REGIONAL STREAM (Edmonton & Area)

TEAM 1- TEAM 2- TEAM 3
6 yrs old +/ Girls only/
Compulsory routines/ By invitation

SECONDARY PROGRAMS
Birthday parties, School field trips, Trampoline & Tumbling, Sleepovers, Open-Gym, Private lessons, User group rentals

WOMEN'S DEVELOPMENTAL PROGRAMS

L.E.A.P. PROGRAM
6 yrs old +/ Compulsory skills & routines/
By invitation

WOMEN'S COMPETITIVE PROGRAMS

REGIONAL STREAM (Edmonton & Area)

TEAM 4
Compulsory routines/
By invitation

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PROVINCIAL STREAM (Alberta)

TEAM 5- TEAM 6- TEAM 7
Compulsory & Optional routines/
By invitation

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INTER-PROVINCIAL STREAM

CANADIAN ASPIRE PROGRAM (1 & 2)
9-11 yrs old / Optional routines/
By invitation

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TEAM 8
Optional routines/
By invitation

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NATIONAL STREAM

TEAM 9/ TEAM 10
Optional routines/
By invitation

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HIGH PERFORMANCE STREAM (International)

NOVICE/ JUNIOR/ SENIOR
10 yrs old +/ Optional routines/
By selection