

GYMNASTICS ONTARIO MEMBER BENEFITS..

MEMBERS CLUBS

Have recreational, Provincial and National coaches who are certified through the National Coaching Certification Program

Offer a wide variety of programs for all skill levels and in many different gymnastics disciplines

Offer classes and programs in a safe learning environment which includes comprehensive insurance coverage for your child

GYMNASTICS ONTARIO

Mandates ethical coaching standards and certification in Risk Management

Be part of a vast community which includes 200 clubs, over 109,000 athletes, 3,500 coaches, and 250 judges.

The Canadian Sport For Life initiative recognizes gymnastics as one of the essential physical activities that all children should be involved with as a basis for participation and excellence in physical activity and sport for life.

YOUR GO CLUB:

--

CHALLENGE YOUR CHILD TO REACH NEW GOALS

AND STAY ACTIVE FOR LIFE



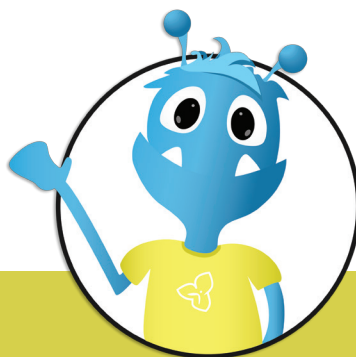
GYMNASTICS FOR ALL

Strength • Flexibility
Coordination • Focus • Control



**Gymnastics
Ontario**

SPORT STARTS HERE



PLAY, PRACTICE, PERFORM

visit: www.gymnasticsontario.ca



THE GYMNASTICS ADVANTAGE

PHYSICAL ADVANTAGES

Learning and developing sequential movement patterns including locomotion, rotation, spring and landings

MOTOR SKILL ADVANTAGES

The development of agility, balance, coordination and spatial awareness - needed for all physical activity

BEHAVIOURAL ADVANTAGES

Build character through cooperation with peers and coaches, and fosters patience, persistence and resilience

LEARNING ADVANTAGES

Goal setting: task driven gymnastics classes assist developing bodies and minds to work independently and be driven to succeed through small improvements



WHAT GYMNASTICS CAN DO FOR YOU

Challenge your body and mind to set and reach new goals.



HEALTHY MIND AND BODY

Brightens healthy minds and bodies for an active lifestyle at any age

FITNESS AND SKILLS

Develops strength, flexibility, power and endurance with age-appropriate activities for participants of all skill levels

GET ACTIVE FOR LIFE

Encourages cooperation, participation and fosters physical literacy and a desire to get fit and stay active for life

SPORT STARTS HERE

— GYMNASTICS FOR ALL —

ACRO • AEROBIC • MEN'S ARTISTIC • TRAMPOLINE • TUMBLING
DOUBLE MINI • RHYTHMIC • AESTHETIC GROUP • WOMEN'S ARTISTIC

