

# Gymnastics Ontario and Smart Moves

are pleased to announce the

## Smart Moves Online Teaching System! Features include:

- **Enhances Safety** – provides progressions for teaching step-by-step. Following progressions enhances safety and provides frequent successes for students.
- **Staff Training** – prior to workshops or staff meetings assign specific activities for them to watch before the meeting so they can come prepared to discuss and demonstrate.
- **Over 1400 skill progressions**, games and activities with video, images, coaching and spotting tips
- **Over 250 sequential lesson plans** - for boys and girls Preschool to Teens, Forward Rolls to Front Flips
- **Totally Customizable** - copy, edit or add your own skills, games, and lesson plans
- **Added feature for GO member clubs** – **CanGym activities** can be sorted by badge level, fundamental movement pattern and used as lessons or integrated with the Fun & Fit Gymnastics system!

FOR THE FREE TRIAL GO TO [www.smartmovesplanner.com](http://www.smartmovesplanner.com). Then select "gymnastics".



**Online Teaching System**  
"Bringing Teaching & Technology Together"

Sign up for a **FREE TRIAL** today!



"I have come to rely on technology and resources to help me run a successful business. I talk about one such resource (Smart Moves) in this video. Every serious gym owner needs this!"

Al Fong, USA Gymnastics National Team and Olympic Coach  
President, Gage Center Great American Gymnastics Express

"It is easy for them to go to one area and pull up all these great lesson plans. I really urge you try the 10 day trial - what have you got to lose?"

Patti Komara - Owner of Patti's All American Gym