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Gymnastics Ontario
Aerobic Gymnastics – Athlete/Coach Model Program Overview

DEVELOPMENT LEVELS	COMPETITION LEVELS				
↓	CanGym Aerobics Development /Recreational Program	Aerobic Gymnastics & Aerodance Invitational Novice Program	Aerodance Invitational & Provincial Program	Aerobic Gymnastics Provincial Program	Aerobic Gymnastics National Program
<p>Can-Gym Aerobics Program Levels/Stages 1 – 6</p> <p><u>AssessmentCategories</u> CanMove CanDynamic CanStatic Can Jump CanFlexibility</p> <p><u>1.Aero Gym Fitness Resource Booklet</u> Innovative Ideas & Resources about How to Incorporate & Develop Aerobics into Existing Club RecreationPrograms or School Curriculum</p> <p>*Introduces the Basic Components of AG *4 Element Groups A Dynamic Strength B Static Strength C Jumps & Leaps D Balance Turns & Flexibility *Seven BasicSteps * Aerobic Movement Sequence (16cts)</p> <p>* CanGym Compulsory Routine I, II, III <i>CanGym Element Values & OFSAA Technical Rules on GO website</i></p>	<p><u>Event Categories</u> AG Individual MW AG MP, Trios AG Group (5) MW AD Individual MW AD MP, Trios AD Team (5-10)</p> <p>PreNovice- PN</p> <p><u>Invitational Novice Age Categories</u> PN 7&8 yr ND 9-11 yr. AG1 12-14 yr. AG2 15-17 yr. Seniors 18+</p> <p><u>Requirements</u> AG Invitational & Provincial Technical Rules & Regulations available herein</p> <p><u>Development Resources</u> <i>Aero-Gym Booklet available on GO Aerobics website</i></p> <p><i>Contact GO/GCG re: NCCP Aerobic Foundation Courses</i></p>	<p><u>AERODANCE</u> <u>Event Categories</u> AD Ind IM IW AD MP AD Trio AD Team 5- 10 <i>Note:</i> <i>AD FIG Sr Grp 8</i> <i>AD FIG AG2 Grp 6</i></p> <p><u>AD Novice & Prov AD AgeCategories:</u> PreNovice 7&8yr Junior 9- 12yr Varsity 13-17 yr Senior 18+</p> <p><u>Requirements</u> Refer to Aerodance Requirements in Technical Rules available herein</p> <p>Refer to 2017-20 FIG AerobicGymnastic Code of Points – Aerobic Dance</p> <p>Aerodance Age Categories are based on ANAC Rules</p> <p>www.sportaerobics-nac.com</p>	<p><u>Event Categories</u> AG Individual MW AG <u>Mixed</u> Pairs, AG Trios AG Group 5 MW AD Individ MW AD MP, Trios AD Team (5-10)</p> <p><u>Provincial Age Categories:</u> ND 9-11 yr. AG1 12-14 yr. AG2 15-17 yr. Seniors 18+</p> <p><u>Requirements</u> Refer to FIG Aerobic World Age Group Requirements</p> <p>Appendix V 2017-20 FIG Aerobics Code of Points</p> <p><i>AG Invitational & Provincial Technical Rules & Regulations available herein</i></p>	<p><u>Event Categories</u> Individual MW Mixed Pairs, Trios AG Group 5 MW AD Sr Group 8 AD AG2 Group 6</p> <p><u>FIGAgeCategories:</u> Nat'l Dev 9-11 yrs Age Group1 12-14yr Age Group2 15-17yr FIG Senior 18+</p> <p><u>Requirements</u> Refer to 2017-20 FIG Aerobic Gymnastics Code of Points for Technical Rules and Regulations</p>	
www.gymnasticsontario.ca	www.gymcan.org			www.fig-gymnastics.com	