

1.2

**Gymnastics Ontario**  
**Aerobic Gymnastics – Athlete/Coach Model Program Overview**

<b>CanGym Aerobics Development / Recreational Program</b>	<b>Aerobic Gymnastics &amp; Aerodance Invitational Novice Program</b>	<b>Aerodance Invitational &amp; Provincial Program</b>	<b>Aerobic Gymnastics Provincial Program</b>	<b>Aerobic Gymnastics National Program</b>
<p>Can-Gym Aerobics Program Levels/Stages 1 – 6</p> <p><u>Assessment Categories</u> CanMove CanDynamic CanStatic Can Jump CanFlexibility</p> <p><u>1.Aero Gym Fitness Resource Booklet</u> Innovative Ideas &amp; Resources about How to Incorporate &amp; Develop Aerobics into Existing Club Recreation Programs or School Curriculum</p> <p>*Introduces the Basic Components of AG *4 Element Groups A Dynamic Strength B Static Strength C Jumps &amp; Leaps D Balance Turns &amp; Flexibility *Seven Basic Steps * Aerobic Movement Sequence (16cts)</p> <p>* CanGym Compulsory Routine I, II, III <i>CanGym Element Values &amp; OFSAA Technical Rules on GO website</i></p>	<p><u>Event Categories</u> AG Individual MW AG PR, TR-Trios AG Group (5) MW <b>AD Individual MW</b> <b>AD PR, Trios</b> <b>AD Team (5-10)</b></p> <p><u>Invitational-Novice Age Categories:</u> <b>PreNovice 7&amp;8yr</b> N-D 9-11 yr. N-AG 12-14 yr. N-JR 15-17 yr. N-SR 18+ yr.</p> <p><u>Requirements</u> AG Invitational &amp; Provincial Technical Rules &amp; Regulations available herein</p> <p><u>Development Resources</u> <i>Aero-Gym Booklet available on GO Aerobics website</i></p> <p><u>Contact GO/GCG re:</u> <i>NCCP Aerobic Foundation Courses</i></p>	<p><u>AERODANCE Event Categories</u> <b>AD Ind IM IW</b> <b>AD - PR AD- TR</b> <b>AD Team 5- 10</b> <i>Note:</i> <i>AD FIG SR Grp 8</i> <i>AD FIG JR Grp 8</i> <i>AD FIG AG Grp 8</i></p> <p><u>AD Invitational &amp; Provincial AD Age Categories:</u> <b>PreNovice 7&amp;8yr</b> Junior - JD 9-12 yr. Varsity-VD 13-17 yr. Senior - SD 18+</p> <p><u>Requirements</u> <b>Refer to Aerodance Requirements in Technical Rules available herein</b></p> <p><b>Refer to 2022-24 FIG AerobicGymnastic Code of Points – Aerobic Dance</b></p> <p>Aerodance Age Categories based on ANAC Rules:- <a href="http://www.sportaerobics-nac.com">www.sportaerobics-nac.com</a> <b>Note:</b> FIG AeroDance Age Categories are different <b>Refer to FIG AD National Program</b></p>	<p><u>Event Categories</u> AG Individual MW AG PR/ MP AG TR-Trios AG Group 5 MW <b>AD Individ MW</b> <b>AD PR/MP, TR</b> <b>AD Team (5-10)</b></p> <p><u>Provincial Age Categories:</u> ND 9-11 yr. AG 12-14 yr. JR 15-17 yr. SR 18+yr.</p> <p><u>Requirements</u> Refer to FIG Aerobic World Age Group Requirements</p> <p>Appendix V 2022-24 FIG Aerobics Code of Points</p> <p><i>AG Invitational &amp; Provincial Technical Rules &amp; Regulations available herein</i></p>	<p><u>Event Categories</u> Individual MW <u>Mixed Pairs, TR</u> AG Group 5 MW <b>FIG AD SR Group 8</b> <b>FIG AD JR Group 8</b> <b>FIG AD AG Group 8</b></p> <p><u>National FIG Age Categories:</u> FIG Nat'l Dev 9-11 yr FIG Age Group 12-14yr FIG Junior 15-17yr FIG Senior 18+</p> <p><u>Requirements</u> Refer to 2022-24 FIG Aerobic Gymnastics Code of Points for Technical Rules and Regulations</p>
<a href="http://www.gymnasticsontario.ca">www.gymnasticsontario.ca</a>	<a href="http://www.gymcan.org">www.gymcan.org</a>			<a href="http://www.fig-gymnastics.com">www.fig-gymnastics.com</a> <a href="http://www.fig-aerobics.com">www.fig-aerobics.com</a>

