

Gymnastics Ontario
Aerobic Gymnastics – Athlete/Coach Model Program Overview

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>AssessmentCategories CanMove CanDynamic CanStatic Can Jump CanFlexibility</p> <p>1.Aero Gym Fitness Resource Booklet Innovative Ideas & Resources about How to Incorporate & 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 & 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>Event Categories AG Individual MW AG MP/PR, Trios AG Group (5) MW AD Individual MW AD MP/PR, Trios AD Team (4-10)</p> <p>Invitational-Novice Age Categories: PreNovice 7&8yr N-ND 9-11 yr. N-WY* 12-14 yr. N-JR 15-17 yr. N-SR 18+ yr.</p> <p>Requirements AG Invitational & Provincial Technical Rules & Regulations available herein</p> <p>Development Resources <i>Aero-Gym Booklet available on GO Aerobics website</i></p> <p>Contact GO/GCG re: <i>NCCP Aerobic Foundation Courses</i></p>	<p>AERODANCE Event Categories AD Ind IM IW AD MP/PR, TR AD Team 4- 10 Note: <i>AD FIG SR Grp 8</i> <i>AD FIG JR Grp 8</i> <i>AD FIG AG Grp 8</i></p> <p>AD Invitational & Provincial AgeCategories: PreNovice 7&8yr Novice Dance 9-11 yr. Varsity Dance 12-17 yr. Senior Dance 18+ AD Open Team 9-18+yr</p> <p>Requirements Refer to Aerodance Requirements in Technical Rules available herein</p> <p>Refer to 2025-28 FIG AerobicGymnastic Code of Points – Aerobic Dance</p> <p><i>Aerodance Age & Event Categories have been modified for Ontario use.</i></p> <p>Note: FIG AeroDance Age/Event Categories are different Refer to FIG AD National Program</p>	<p>Event Categories AG Individual MW AG MP/PR Pairs, AG Trios AG Group 5 MW AD Individ MW AD MP/PR, TR AD Team (4-10)</p> <p>Provincial Age Categories: ND 9-11 yr. WY* 12-14 yr. JR 15-17 yr. SR 18+yr.</p> <p>Requirements Refer to FIG Aerobic World Age Group Requirements</p> <p>2025-28 FIG Aerobics Code of Points</p> <p><i>AG Invitational & Provincial - GO website Technical Rules & Regulations available herein</i></p>	<p>Event Categories Individual MW Mixed Pairs, Trios AG Group 5 MW FIG AD SR Group 8 FIG AD JR Group 8 FIG AD WY* Group 8</p> <p>National FIGAgeCategories: FIG Nat'l Dev 9-11 yr FIG Youth* 12-14yr FIG Junior 15-17yr FIG Senior 18+</p> <p>Requirements Refer to 2025-28 FIG Aerobic Gymnastics Code of Points for Technical Rules and Regulations</p>
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