

AEROBIC GYMNASTICS - RESOURCES & CONTACTS

For further information about Aerobic Gymnastics Resources & Workshops or How to Start an Aerobics Program in your Club, you can contact:

- Gymnastics Ontario -** **Aerobics & Acrobatics Program Manager - Katia Kharlip**
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Aerobics/Artistic Coach - Hamilton World Class Gymnastics Club
AG Technical Committee Co-Chair - Gymnastics Ontario
- Louise Miller** saltosathletics@aol.com
Aerobics Coach - Perth Saltos Athletics Inc
AG Technical Committee Co-Chair - Gymnastics Ontario
- Iuliia Demchenko** iuliia.demchenko@rideaugymnastics.org
Aerobics Coach/Judge - Rideau Gymnastics Club - Kanata
Member of AG Technical Committee - Gymnastics Ontario
- Lynne Smiley** bsmiley25@cogeco.ca
AG Technical Committee Judging Chair - Gymnastics Ontario
(National Brevet Judge -Aerobics 2013)
- Elissa Tantaru** elissatantaru@gmail.com
Aerobic Coach/Judge - Hamilton World Class Gymnastics Club
Member of AG Technical Committee - Gymnastics Ontario
- Grace Tiffany** grace.work007@gmail.com
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Aerobic Gymnastics Resources:

Aerobic Gymnastics FIG Code of Points: www.fig-gymnastics.com

Gymnastics Canada Gymnastique (GCG) www.gymcan.org

Gymnastics Ontario (GO) - Aero & Acro Resources: www.gymnasticsontario.ca

- ** Invitational & Provincial Aero Routine Requirements
- ** World Age Group (ND/Youth/JR) & FIG Senior Aero Requirements
- ** AeroGym Fitness Resource Guide
- ** Aerobic Gymnastics Technical Rules & Regulations - Ontario
- ** Aerobic Gymnastics Information Guide
- ** Aerobics Basic Step Cards

