



Advanced Gymnastics Programs



Pre-Elites



At Gymworld, our mission has always been to expand children's access and experiences in the sport of gymnastics. We aim to provide children of all ages and abilities with safe and exciting opportunities to participate in gymnastics activities. Participating in gymnastics offers the opportunity to develop strength, flexibility, balance and co-ordination as well as concentration, persistence, social skills and self-discipline.

Don't we all want this for our children?

Does this sound familiar?

- ★ Your daughter loves gymnastics, but wants to participate in other sports/extracurriculars throughout the year
- ★ You can't commit to multiple competitions, volunteering or fundraising initiatives
- ★ You want to forgo the high costs of travel, expensive uniforms and competition fees

Introducing our **Gymworld Gems & Pre-Elites** Programs!

These are contemporary streams of Gymworld programming available by invitation or assessment only. Blending the best of our advanced (recreational) and previous competitive programs, these programs allow eager young gymnasts to train in Women's Artistic Gymnastics (WAG) in a way that is more flexible and inclusive than ever before.



- ➡ Exceptional, competitive-caliber coaching
- ➡ Flexible training options
- ➡ Additional gym time
- ➡ No volunteer commitments

Gems Program:

Our Gymworld Gems classes are ideal for girls who want to learn at an accelerated pace, develop their skills and technique, and experience the “team” ethic. With extended gym time and the quality instruction of our expert coaching staff, Gymworld Gems offers all the advantages of competitive training in a recreational program. Acceptance into our Gems program is by assessment/invitation only.

Pre-Elites Program:

Our Pre-Elites program is ideal for girls who have a keen desire to develop their gymnastics skills with proper form and technique. Our Stars and Aerials programs follow the Developmental Program Compulsory Level System to assist athletes in building strong foundational gymnastics basics. Our Excel group will train according to the Xcel Program, allowing gymnasts to have individual routines and showcase their unique abilities. The focus of this program is to develop healthy, happy, confident, eager children while providing them an opportunity to become stronger, more flexible, brave and ambitious athletes. The athletes in this program will participate in 1-2 “in-house competitions” in the Winter/Spring. It is strongly recommended that athletes who wish to participate in our Winter in-house competition attend both the Fall and Winter sessions for proper preparation and a minimum of the Winter and Spring sessions to participate in our Spring in-house competition. Enrollment in our Pre-Elites program is by invitation only.

Fall Session 2025 Fee Information:

	Gems Classes		Pre-Elites Program		
	Ruby Born (2017-2020)	Sapphire Born (2016 & earlier)	Stars Born (2016-2019)	Aerials Born (2013-2016)	Excel Born (2016 & earlier)
Practices/Week	1	1	2	2	2
Day(s)	Wed	Mon OR Wed	Tues AND Thurs	Tues AND Fri	Mon AND Thurs
Practice Length	2 hours	2 hours	2 hours x 2 classes	2 hours x 1 class AND 3 hours x 1 class	2 hours x 2 classes
Training Times	Wed 4:30-6:30	Mon 4:30-6:30 OR Wed 6:30-8:30	Tues 4:30-6:30 AND Thurs 4:30-6:30	Tues 6:30-8:30 AND Fri 5:00-8:00	Mon 6:30-8:30 AND Thurs 6:30-8:30
Weekly Hours	2	2	4	5	4
Fall Session Cost*	\$490	\$490	\$665	\$735	\$665

*Plus the annual \$40 +HST Membership fee, which applies to all children registered in any of our programs (exempt for all July & August Mini-Sessions)

Session cost refers to the price for our 14-week Fall Session. All prices are subject to HST.

Financing options may be available by arrangement through the office at info@gymworld.ca.

Please reach out to the office at info@gymworld.ca if you are interested in arranging an assessment for your daughter.