



# TRAINING PROGRAMS

## Preschool programs

**weekin.**

**\*parented classes ages 2 - 3.5\***  
45 minutes/week

**minikin.**

**\*unparented classes ages 3 - 4.5\***  
45 minutes/week

**munchkin.**

**\*unparented classes ages 4 - 6.5\***  
1 hour/week

## CANGYM programs

**BADGE 1 & 2**  
(burgundy and red)  
ages 6-8

**BADGE 1 & 2**  
(burgundy and red)  
ages 9+

**BADGE 3 & 4**  
(tan and bronze)  
ages 6-8

**BADGE 3 & 4**  
(tan and bronze)  
ages 9+

(1.5 hours/week)

## Junior Olympic programs

**JO LEVEL 1**

**JO LEVEL 2**

**JO LEVEL 3**

**JO LEVEL 4**

**JO LEVEL 5**

developmental  
pre-competitive  
levels  
(compulsory JO)

**JO LEVEL 6**

**JO LEVEL 7**

**JO LEVEL 8**

**JO LEVEL 9**

**JO LEVEL 10**

competitive  
levels  
(optional JO)



Recreation program  
(3 hours/week)



competitive program  
(6 - 26 hours/week)