



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

workINg foundations

LEVEL 1 & 2
(green & blue)
ages 6-8

LEVEL 1 & 2
(green & blue)
ages 9+

LEVEL 3 & 4
(purple & gold)
ages 6-8

LEVEL 3 & 4
(purple & gold)
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)