



# TRAINING PROGRAMS

## kin.der 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

## workin.g foundations

**LEVEL 1 & 2**  
ages 6-8

**LEVEL 1 & 2**  
ages 9+

**LEVEL 3 & 4**  
ages 6-8

**LEVEL 3 & 4**  
ages 9+

90 minutes/week

## Junior Olympic (JO) 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  
(90 mins - 3 hrs/week)

 Competitive program  
(6 - 26 hours/week)