

## LEVEL 3-5

### **PROGRAM INFORMATION**

The Level 3-5 Competitive Stream consists of athletes who compete on a regional basis in the appropriate category based on age and skill level. Children are selected for this program from any of our current classes as well as through a try out session. This is also a suitable introductory level for girls joining a competitive group at a later age. Athletes at this level typically train 8 to 12 hours per week throughout the school year and in some cases 12 hours a week in July and August. In the Level 3-5 program we strive to help your child reach their personal best and in the process, enjoy the sport of gymnastics. The development of self-confidence, success and the importance of fun and fitness are also key goals for the Level 3-5 program.

