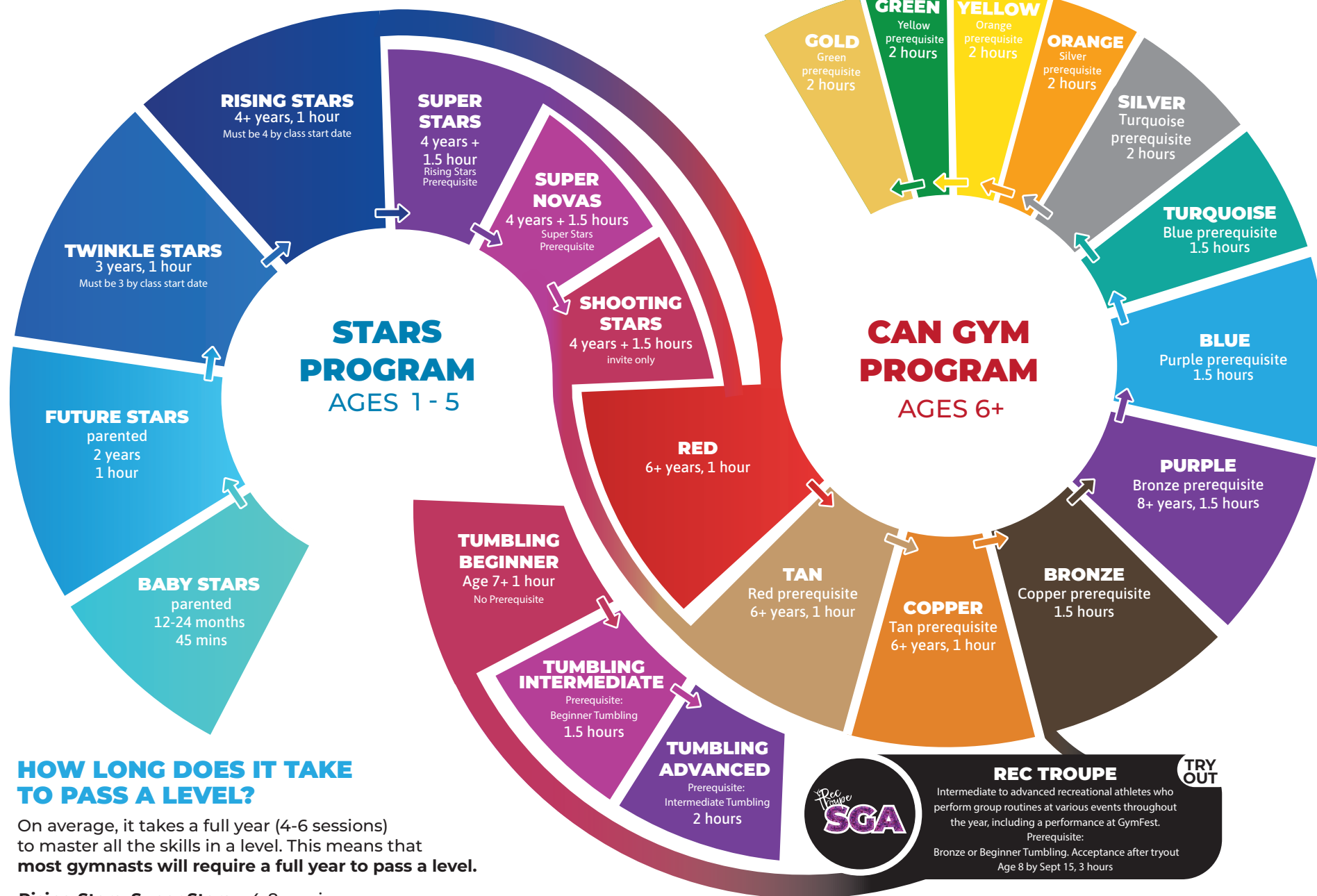




RECREATIONAL ROADMAP

Athletes progress through our Stars program into CanGym, building skills step by step and earning a ribbon as they master each level.



HOW LONG DOES IT TAKE TO PASS A LEVEL?

On average, it takes a full year (4-6 sessions) to master all the skills in a level. This means that **most gymnasts will require a full year to pass a level.**

Rising Stars, Super Stars = 4-8 sessions

Red, Tan, Copper = 3-5 sessions, **Bronze, Purple, Blue** = 6-8 sessions

Turquoise, Silver, Orange, Yellow, Green, Gold = 8+ sessions