

MINI SESSION 2025 CALENDAR	Clothing Details	Class Details
<b>Week 1:</b> April 28-May 2  <b>SAFETY &amp; ORIENTATION WEEK</b>	Please wear comfortable clothing. A t-shirt and shorts or leggings will work. ★ <b>Please no buttons or zippers and nothing too baggy</b> ★ <b>Please have long hair tied back (anything longer than chin length)</b>	This week the gymnasts will learn how to be safe at gymnastics. We will go over the rules to ensure that all gymnasts are safe while doing gymnastics. We will also go over the basics and learn proper landings.
<b>Week 2:</b> May 5-May 9  <b>JUNGLE WEEK</b>	Please bring your favourite stuffed animal to gymnastics and wear any clothing that has an animal or animal print on it. ★ <b>Please no buttons or zippers and nothing too baggy</b> ★ <b>Please have long hair tied back (anything longer than chin length)</b>	This week we will be focusing on different swings and grip changes such as beat swings, glide swings, and under swings. Additionally, we will be learning different ways to enter into rolls such as, handstand forward roll, donkey kick to roll, dive rolls, etc.
<b>Week 3:</b> May 12-May 16  <b>PAJAMA WEEK</b>	Please wear a pair of pjs to gymnastics this week. Make sure that your pjs are cool and won't make you too hot. ★ <b>Please no buttons or zippers and nothing too baggy</b> ★ <b>Please have long hair tied back (anything longer than chin length)</b>	This week we will be working on our backwards skill progressions. This includes backwards rocking, backwards rolls, and back walkovers. Additionally, we will be working on our pullover progressions on bars and walking backwards on beam.
<b>Week 4:</b> May 19-May 23  <b>COLOUR WEEK</b>  <b>*VICTORIA DAY MAY 19 NO GYMNASTICS: MONDAY ONLY Classes will be made up on Friday May 23*</b>	Please wear your favourite colour to gymnastics. ★ <b>Please no buttons or zippers and nothing too baggy</b> ★ <b>Please have long hair tied back (anything longer than chin length)</b>	This week we will be revisiting our beat swings, under swings, and long hang swings on the bars. Additionally, we will be learning different jump to land roll variations.

<b>Week 5:</b> May 26-May 30  <b>UNDER THE SEA WEEK</b>	Please wear the colour blue to class or any clothing that may have mermaids or any sea creatures on them. ★ <b>Please no buttons or zippers and nothing too baggy</b> ★ <b>Please have long hair tied back (anything longer than chin length)</b>	This week we are learning different dynamic balances as we will be balancing on different heights, surfaces, and angles. Additionally, we will be working on our swings again.
<b>Week 6:</b> June 2-June 6  <b>BACKWARDS WEEK</b>	Please wear your clothes BACKWARDS to gymnastics & walk BACKWARDS as you enter the gym. ★ <b>Please no buttons or zippers and nothing too baggy</b> ★ <b>Please have long hair tied back (anything longer than chin length)</b>	This week we will be working on back rolls, jumping backwards, pullovers, and back walkovers. Additionally, we will be walking backwards on the beam, as well as lying down and getting back up on the beams.
<b>Week 7:</b> June 9-June 13  <b>SPORTS WEEK</b>	Please wear your favourite jersey or clothing with your favourite team on it. ★ <b>Please no buttons or zippers and nothing too baggy</b> ★ <b>Please have long hair tied back (anything longer than chin length)</b>	This week we will be focusing on some of the skills that we have been working on throughout the mini session. This includes front & back rolls, handstands, and bridges on the floor. As well as working on our pullovers and back hip circles on bars.
<b>Week 8:</b> June 16-June 20  <b>CIRCUS WEEK</b>	Please wear clothing with bright colours and/or colourful patterns to gymnastics. ★ <b>Please no buttons or zippers and nothing too baggy</b> ★ <b>Please have long hair tied back (anything longer than chin length)</b>	This week we will be working on inverted hangs and skin the cats (flipping through your hands on the bars) Additionally, we will be working on cartwheels, cartwheel to handstand, and cartwheels over things. We will also be working on dynamic balances on heights, surfaces and angles.
<b>Week 8:</b> June 23-June 27  <b>SUPERHERO AND PRINCESS WEEK</b>	Please wear clothing with your favourite superhero or princess on it & costumes are welcome, but please wear clothes underneath in case it gets hot. ★ <b>Please no buttons or zippers and nothing too baggy</b> ★ <b>Please have long hair tied back (anything longer than chin length)</b>	This week we will be focusing on different handstand variations. This includes donkey kicks, cartwheel to handstand, and kick to handstand. We will also be working on casts, front supports, and snap downs.