

NEW PROGRAM CLASSIFICATION & PROGRESSION

AGE GROUP

1-2 yrs
U2

2-3 yrs
U3

3-4 yrs
U4

4-5 yrs
U5

5-6 yrs
U6

6-7 yrs
U7

7-8 yrs
U8

8-9 yrs
U9

9-10 yrs
U10

10-12 yrs
U12

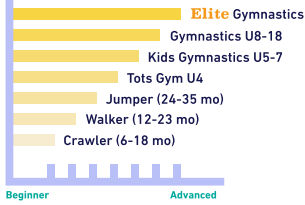
12-13 yrs
U13

13-14 yrs
U14

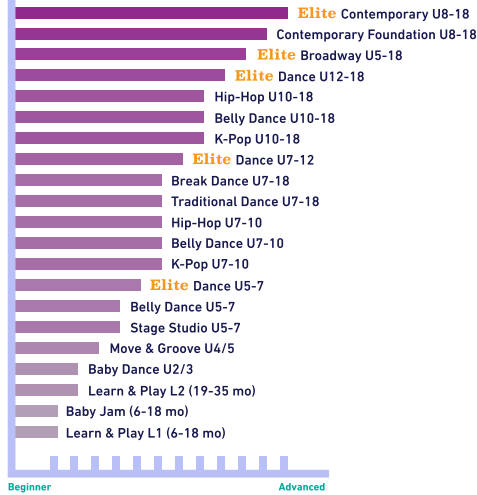
14-16 yrs
U16

16-18 yrs
U18

GYMNASTICS



DANCE



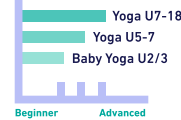
MARTIAL ARTS



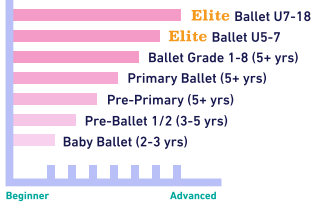
PARKOUR



YOGA



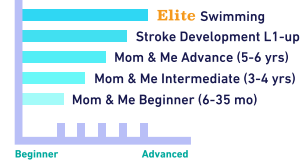
BALLET



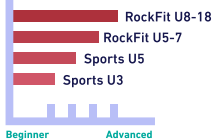
CHEERLEADING



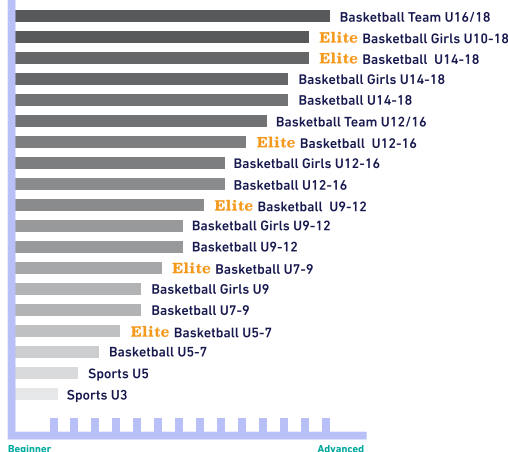
SWIMMING



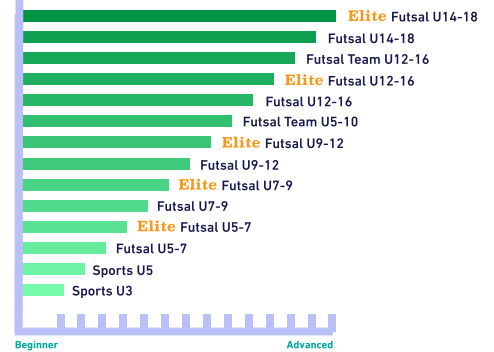
ROCKFIT



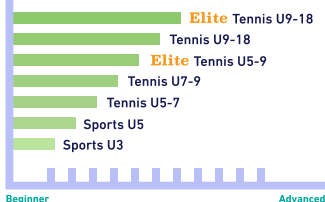
BASKETBALL



FUTSAL



TENNIS



NEW HIGH PERFORMANCE ACADEMY



Elite : up to 90 min class

RULES

STUDENTS
TAP & GO