

GYMNASTICS SCHOOL ELECTIVE INFORMATION BOOKLET



Contact: 807-628-8474

Email: tbgatwisters@tbaytel.net

GYMNASTICS, WHERE GROWTH HAS NO LIMITS

Gymnastics is much more than what you see at the Olympics. These elite athletes are but one part of the big family of gymnastics. In fact, the six gymnastics disciplines offer opportunities for fun, participation, learning and competition for everyone, regardless of age, gender or ability.

Gymnastics-for-All is the historical and cultural base of all gymnastics. Gymnastics-for-All incorporates all educational and recreational gymnastics activity through a participation-based philosophy of fun, fitness and fundamentals for all ages.

Gymnastics is about 'how the body moves' and therefore is the Foundation Sport for all physical activity and sports. Early participation in gymnastics develops the most fundamental movement skills, physical and motor abilities, mental abilities, social and emotional abilities and performance skills that carry over into all aspects of life.

Gymnastics is the perfect activity for the development of Physical Literacy, – the fundamentals of moving the body and moving objects. Physical literacy enables people of all ages to move confidently and efficiently in any environment that presents a physical challenge. It is an important life skill, and the benefits of physical literacy go far beyond sport participation.

GYMNASTICS FOR LIFE –

ACTIVE FOR LIFE

The Gymnastics for Life stage welcomes gymnasts of all ages, all backgrounds and all performance levels. In this stage are opportunities to learn new skills, to be part of a performing group, to try new gym disciplines and even to travel internationally and represent Canada. For those who wish to try a new aspect of gymnastics, there are opportunities for coaching, judging, volunteering and working in the sport.

This stage is for anyone who has ever participated in gymnastics. It welcomes new participants – even at advanced ages - and athletes with a disability. It welcomes athletes from other sports who know the benefits that gymnastics will bring to their overall sport performance. It allows everyone and anyone to continue to have FUN with gymnastics, gain FITNESS with gymnastics and learn the FUNDAMENTALS

of gymnastics at a level that suits their age, interests and ability. And last but not least, it encourages former gymnasts to apply their gym skills into other sports and activities so they remain active for life.

Schools and School Boards

which support school sport, gymnastics classes, etc. are an integral part of the delivery system for gymnastics programs. With your help, through school electives, school outings, we can give an opportunity for gymnastics to be part of the curriculum, we can introduce Gymnastics to all interested students, and give them an opportunity participate and explore its benefits.

We invite you to come to Thunder Bay Gymnastics and use our facility to introduce Gymnastics in a fun and safe environment.

We will provide the Certified NCCP Gymnastics Coaches as needed to work with your group(s) while on site.

About TBGA

Mission Statement

Thunder Bay Gymnastics Association is a non-profit organization that has been working within the community for over 45 years, constructing a fun and safe environment to foster, develop, and inspire children of all ages.

- **Not-for-profit organization** operating since 1967
- 14,000 sq. ft. facility

Community Partnerships

- Children's Aid Society of Thunder Bay, (over 20 participants)
- Dillico Anishnawbek Family Care (over 30 participants)
- Pro Kids (over 150 participants)
- Autism Ontario (2 classes per session for athletes with Autism Spectrum Disorders and their caregivers with specially trained coaches)

Coaching Staff

- 18 coaches all certified in the National Coaching Certification Program
- 7 Coaches in Training

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STUDENT ELECTIVES PRICE LIST:

Thunder Bay Gymnastics Association is always excited to work together with your Schools to provide Students an opportunity to choose Gymnastics for Elective Programs!

Cost is \$7.00 per student per hour, or \$10.00 per student per 1.5 hours.

We can book Electives anytime throughout the school year.

Please contact us at the office at: **807-628-8474**

Or email us at: **tbgatwisters@tbaytel.net**

Thank you and we look forward to hearing from you in the near future!
“Gymnastics For Life - Active For Life”

Respectfully,

Samantha Ferreira
Executive Director
Thunder Bay Gymnastics Association
807-628-8474
tbgatwisters@tbaytel.net