



➔ Who is this program for?

The Key City High School team is offered to gymnasts Grade 6 and up who are looking for a more competitive stream of gymnastics.

All gymnasts will compete and train at the gym with athletes of similar age category and gymnastics ability.

➔ What is High School Gymnastics?

The BC High School Gymnastics program is made up of 5 levels of individualized optional routines, which allow participation for gymnasts whose abilities range from beginner to competitive.

➔ Gymnastics For All

The purpose of High School Gymnastics is to give all athletes, (at any age and all abilities) the opportunity to develop their skills in artistic gymnastics, and to challenge themselves at a competitive level.

KEY CITY GYMNASTICS

HIGH SCHOOL GYMNASTICS

- Gymnasts train and compete to meet their own personalized goals.
- Optional routines with personalized floor music and choreography
 - Ensuring a skill appropriate and enjoyable competitive experience for each individual gymnast
- The Key City High School team emphasizes a positive training environment: focused on athletes mental and physical development along with gymnasts' self-confidence and personal growth.



**PRE HIGH SCHOOL GR. 6-7
JR. HIGH SCHOOL GR. 8-9
SR. HIGH SCHOOL GR. 10-12**