

Comparison of the Different Programs

	Recreational (Not offered at Synergy)	Pre- Performance Program	Interclub Performance Program	JO Pre-Competitive Program (JO 1-2)	JO Competitive Program (JO 3-8)	High School Gymnastics Program
Ages	All Ages	Ages 5-10 (up to 12 from Jan-June)	Ages 6-18	Ages 5-9	Ages 7-18	Ages 13-18
Try-out or assessment required	NO	YES	YES	YES	YES	YES
Days per week	Typically 1	1-2	2	2-3	3-4	2-3
Training hours per week	Typically 1- 1.25 hours	1.25- 3 hours/week	3-5 hours/week	3-6 hours/week	9-15 hours/week	5-7.5 hours/week
Length of program	Typically in sessions of 3-4 months	10 months September- June	10 months September to June	10-11 months August/September to June	11-months August-June	11-months August-June
Summer training	Optional	Optional	Minimum 1 week in July or August	*Optional in JO 1 *August in JO 2	Training in August	Training in August
Routines	NO	YES	YES	YES	YES	YES
Displays/Competitions	NO	YES	YES	YES	YES	YES
Out of town travel	NO	NO	YES (Optional at lower levels)	YES (Optional)	YES	YES
Competition Opportunities	NONE	Local meets and displays	*Local meets and displays *Travel meets in the Okanagan/ Lower Mainland	*Competitions locally and throughout the Okanagan and Lower Mainland *Compulsary Provincial Championships for JO 2	*Competitions locally and throughout BC *Opportunities to compete in the USA as well as across Canada *Provincial Championships	*Competitions locally and throughout BC *Provincial Championships
Award format at meets	NO awards	Non-Ranked	Non-Ranked	Non-Ranked	Ranked	Ranked
Team bodysuit	NO	YES	YES	YES	YES	YES
Skill level	Beginner- Intermediate	Beginner- Novice	Novice- Intermediate	Novice-Intermediate	Intermediate- Advanced	Novice- Advanced
Monthly fees	Lower	Lower	Mid	Mid	Higher	Mid
Cost per training hour	Higher	Higher	Mid	Mid	Lower	Mid