

Floor Gymnastics is coming to VTT this fall! Taught by former Canadian National Team member Camille Wenner, both boys and girls will enjoy a combination of floor gymnastics, acro, dance, basic tumbling and apparatus handling all based on the **Fun, Fitness and Fundamentals** philosophy. We encourage children aged 4-9 yrs to have fun being active while learning age appropriate skills. This multi-disciplinary gymnastics approach will help create extensive physical literacy that will carry over into any sport in a safe and energetic way.