

Girls Grade School Classes

Classes are broken down by Grades (K-1), (2-3), (4 & up) then by levels

Level 1 – (Beginner)

- No skill requirements

Level 2 – (Intermediate)

- Uneven Bars - Forward roll hang off the bar
- Floor - Straight legged cartwheel
- Floor - Backward roll down an incline
- Floor - Bridge hold one leg up

Level 3 – (High Intermediate)

- Uneven Bars – Pull over
- Floor – Handstand bridge
- Floor – Bridge kick over on flat ground
- Floor – Round off rebound

Level 4 – (Advanced)

- Vault - Front handspring
- Uneven Bars - Back hip circle
- Beam – Cartwheel
- Floor - Round off back handspring connected

Boys Grade School Classes

No skill requirements

Grades (K-2)

Mixed levels

Grades (3 & Up)

Mixed levels

Tumbling Classes

Grades 1+

Level 1 – (Beginner)

- No skill requirements

Grades 2+

Level 2 – (Intermediate)

- Backward Roll on flat ground
- Straight legged Cartwheel on a straight line
- Round Off Rebound
- Handstand Bridge
- Bridge Kick Over on flat ground

Grades 3+

Level 3 – (Advanced)

- Floor – Front and back walkovers
- Floor – Standing back handspring
- Floor – Round off back handspring connected