

Pre-School Classes (All Events)

Classes are broken down by Age (18m-3y), (3-4y), (4-5y)

Mixed Levels

- No skill requirements

Girls Grade School Classes (All Events)

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
- Floor - Round off back handspring connected

Boys Grade School Classes (All Events)

Classes are broken down by Grades (K-2), (2 & up)

Mixed Levels

- No skill requirements

Coed Tumbling Classes (Floor & Trampoline Only)

Grades 1+

Level 1 – (Beginner)

- No skill requirements

Grades 2+

Level 2 – (Intermediate)

- Straight legged cartwheel on a straight line
- Round off rebound
- Handstand bridge
- Bridge kick over on flat ground

Grades 3+

Level 3 – (Advanced)

- Standing back handspring