

Please follow guidelines below to place children in levels for term classes.

Place a child in **Yellow** if they:

- Are completely new to gymnastics, and;
- Are likely 4, 5 or 6 years old

Place a child in **Green** if they:

- Are likely 6, 7 or 8 (Though not exclusively)
- Have some gymnastic experience at a gym, school or are "always doing gym at home"

Can do these things:

- cartwheel
- handstand
- at least one chin up
- Climb ropes
- Forward roll to stand in one motion
- Bridge

Place a child in **Purple** if they:

- Are likely 8+

Are experienced gymnasts

Can do at least 3 of these:

- Walkover
- Flic Flac
- Handspring
- Splits
- Backward roll to handstand
- 3/4 or better Handstand on beam

Place a child in **Red** if they:

- Are likely 4, 5, 6 or 7

They are relatively new to gymnastics but can

- walk on a beam unassisted
- swing on a bar
- hold their weight on their hands in a rudimentary handstand
- Often climb ropes or poles at school

Place a child in **Blue** if they:

- Are likely 7, 8, 9 or older (Though not exclusive)

Have some gymnastic experience

Can do these things:

- Hold a handstand 2 seconds
- Controlled cartwheel
- Backwards roll safely
- Balance on one foot for 2+ seconds
- Would be confident jumping on a beam