

GYMNASTICS PROGRESSION CHART

BEGINNING GYMNASTICS CLASSES: START HERE!

- **Tumble Together:** 18 months-4 years with adult: 30 minutes
- **Tumble Transitions:** 3-4 years with adult at first: 30 minutes
- **Tumble Bees:** ages 3-4 years without adult: 40 minutes
- **Beginner 1:** ages 5-14 years: 50 minutes-1 hour
- **Beginner 2:** ages 5-14 years, minimum 2 sessions prior experience required; coach approval: 1 hour
- **Rings, Pommel Horse & More!** anyone 5-14 years: Rings, Pommel Horse, High Bar, Parallel Bars
- **Accessible Gymnastics:** ages 6-10, participants with developmental disabilities; adult companion welcome: 30 minutes

*Most gymnasts spend multiple sessions at each level before advancing.

*If participant has experience, contact commed@spps.org to arrange a skills evaluation.

INTERMEDIATE GYMNASTICS CLASSES: MUST HAVE COACH APPROVAL TO REGISTER

- **Intermediate:** one step up from a Beginning level; not focused on competition: 1 hour
- **Advanced:** two steps up from a Beginning level; not focused on competition: 1 hour
- **Power Tumbling:** Intermediate level gymnastics or higher is required: 30 minutes

ADVANCED GYMNASTICS CLASSES: MUST HAVE COACH APPROVAL TO REGISTER

- **Junior Flips:** focused on gaining competitive skills: 1.25 hours-1.5 hours
- **Flips:** advanced skill levels: 1.5 hours
- **Flips 2:** a minimum of 1 full year of Flips, coach approval: 1.5 hours

GYMNASTICS TEAMS: COACH APPROVAL AND TRYOUTS

- **Leaping Lilies:** non-competitive pre-team; increased financial commitment, including partial uniform: 2 hours x 2 days per week
- **Silver Sharks, Blue Flames, Blue Diamonds:** competitive teams; increased financial commitment, including uniform, association and meet fees: 2-3 hours, 2-3 times per week, depending on level