

Lindbergh Gymnastics Progression Chart

Program Name and Level	Class Description
Parent/Child (Infant/Toddler: Ages 1-3)	You are never too young to be in the gym! Little ones will love the special open gym time to play and explore. Watch your child's motor skills and confidence grow.
Bouncing Bears (Pre-K: Ages 3-4)	Explore gymnastics through obstacle courses and games. Learn the equipment and focus on movement that will help develop coordination, balance, and body awareness.
Rolling Rhinos (Beginner 1: Ages 5+)	Start here! Get your gymnastics journey going with an introduction to the fundamental skills of gymnastics.
Tumbling Tigers (Beginner 2: Ages 5+)	Solidify the fundamentals of gymnastics. Cartwheels, rolls, high beam, bars and vault.
Leaping Lions (Intermediate 1: Ages 5+)	Build onto your current skills! These athletes will learn the next set of skills along with cleaning up the basics.
Pouncing Panthers (Intermediate 2: Ages 5+)	Get ready and prepare for making the jump to Pre-Team. Focus on advanced skills throughout all events.
Pre-Team (Ages 5+)	For gymnasts with a strong foundation of skills. Learn competition skills needed to join the team. Discover what it takes to be a Lindbergh Flyers Gymnast!
J.O. Teams (Tryout Required: Ages 5+)	Our Junior Olympics levels are competing teams. For gymnasts that have completed our Pre-Team program. Athletes have the opportunity to compete in local meets. This level is open to those looking to get in the competitive world of gymnastics!
Xcel Teams (Tryout Required: Ages 5+)	This free form level of gymnastics gives athletes a variety of skills to choose from and the ability to create a unique routine. Xcel teams compete and practice. Gymnasts will expand their knowledge of this competitive sport, build skills, and gain confidence.

All gymnastics participants will receive an evaluation toward the end of each program to determine which level they will be recommended for the next session.