

LEVEL UP!

Gymnastics is a progressive sport that requires consistent repetition in order to advance. All skills must be mastered to safely move to the next level. A skill is mastered when it can be performed consistently with proper form. Participants should register for consecutive sessions of their current level until evaluations are distributed in May, August, and December. If you are unsure of your child's level or it has been more than one session since your child participated, please call Brienne at 630.554.4456 to set up an evaluation.

GIRLS 1

VAULT	Run, hurdle, straight jump to block
BARS	Front support, hold 3 seconds Cast Wall walk kickover to front support Forward roll over bar
BEAM (Low Beam)	Forward, side, and backward walks Pivot turn Arabesque, hold 5 seconds
FLOOR	Forward roll Backward roll to tuck on wedge Bridge Mini split handstand Beginner cartwheel



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GIRLS 2

VAULT	Kick to handstand flat back on 8" mat
BARS	Pullover to front support Squat on to floor bar Cast, back hip circle with spot
BEAM (Low Beam)	Passé relevé, hold 3 seconds Straight jump Lever Side handstand
FLOOR	Backward roll to hollow on wedge (hands in) Bridge down 45° handstand Cartwheel



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GIRLS 3

VAULT	Donkey kick to handstand flat back to 16" mat
BARS	Cast, squat on, straight jump to floor with spot Cast, back hip circle
BEAM (High Beam)	Mini handstand Side handstand dismount Heel snap turn
FLOOR	Straight arm backward roll to hollow on wedge Bridge down kickover Handstand forward roll Round off, rebound Standing back handspring with spot on wedge



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GIRLS ADVANCED

VAULT	Run, handstand flat back to resi
BARS	Cast, squat on, jump to tap high bar Cast, back hip circle underswing dismount with spot
BEAM (High Beam)	1/2 turn Vertical Handstand Side handstand pirouette to push-up
FLOOR	Handstand straight arm forward roll Straight arm backward roll to hollow Back walkover Front limber Standing back handspring on wedge Round off back handspring with spot



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JR. HIGH GYMNASTICS

VAULT	Run, hurdle, straight jump to block Kick to handstand flatback on 8" mat
BARS	Forward roll over bar Squat on to floor Bar Pullover to front support; hold 3 Sec. Cast, back hip circle with spot
BEAM (Low Beam)	Pivot turn Passe releve; hold 3 Sec. Straight jump Lever Side handstand
FLOOR	Forward roll Backward roll to hollow on wedge (hands in) 45° handstand Cartwheel Bridge down



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TUMBLING 1

SKILLS	Forward roll Backward roll on wedge Handstand Cartwheel Bridge Rocket Jump
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TUMBLING 2

SKILLS	Backward roll on floor Handstand forward roll Handstand to bridge Roundoff rebound from panel mat Bridge down Back handspring over barrel
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TUMBLING 3

SKILLS	Front limber Back walkover Power hurdle, roundoff rebound Back handspring on wedge or TumbITrak Roundoff back handspring on TumbITrak Aerial off of panel mat
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WHEN WILL MY CHILD MOVE UP?

Below is a general guideline showing the average amount of time a child may spend in each level. Some children may progress more quickly or more slowly than outlined depending on consistency in attendance and participation. Gymnastics is an individual sport with many difficulties, including but not limited to, work ethic, natural flexibility and strength, skills and mental toughness. Please speak with your child's coach if you have questions regarding their progress.

GIRLS 1	3-5 sessions	GIRLS 3	5-8 sessions	TUMBLING 1	3-5 sessions	TUMBLING 3	8+ sessions
GIRLS 2	4-6 sessions	GIRLS ADVANCED	8+ sessions	TUMBLING 2	4-6 sessions	JR. HIGH GYMNASTICS	4-6 Sessions

PRIVATE GYMNASTICS LESSONS

HAVE A TRY-OUT COMING UP?

DO YOU WANT TO NAIL THAT BACK HANDSPRING?

WE CAN HELP!

Private gymnastic lessons benefit participants who would like to learn or enhance a specific gymnastic skill or event. Lessons will be tailored around your abilities and goals. Times are flexible.

Contact Brienne Tingley at 630.554.4456 or btingley@oswegolandpd.org for information or to register.

GYMNASTICS REC	\$45(R)/\$55(N)
GYMNASTICS REC (3 PACK)	\$125(R)/\$145(N)

GYMNASTICS ADV	\$60(R)/\$70(N)
GYMNASTICS ADV (3 PACK)	\$165(R)/\$185(N)