

# RECREATIONAL

## Goal skills

### GIRLS BEGINNER

STRONG CARTWHEEL - FLOOR

STRONG HANDSTAND - FLOOR

STRONG BRIDGE - FLOOR

BWD ROLL - FLOOR

JUMP UP FWD ROLL- BARS

CHIN UP PULLOVER - BARS

CASTS - BARS

WALKS ON HIGH BEAM

RUN + JUMP + ROLL - VAULT

### GIRLS INTERMEDIATE

BRIDGE + KICK OVER - FLOOR

ROUND OFF - FLOOR

STRONG BHS DRILLS - FLOOR

HANDSTAND FWD ROLL - FLOOR

CHIN UP PULLOVER - BARS

BACK HIP CIRCLE - BARS

JUMPS ON HIGH BEAM

SIDE HANDSTAND - BEAM

HANDSTAND TREE FALL - VAULT

### GIRLS ADVANCED

RO BACK HANDSPRING - FLOOR

FRONT HANDSPRING - FLOOR

BACK HIP CIRCLE - BARS

FRONT HIP CIRCLE - BARS

GLIDE KIP - BARS

SIDE HANDSTAND TWIST - BEAM

CARTWHEEL - BEAM

FRONT HANDSTAND - BEAM

FRONT HANDSPRING - VAULT

Assessments are made on an ongoing basis. When it is determined by the instructor that a child is ready to move to the next class level, you will receive an email with a recommendation before the end of the session. Please note that every child is different and will progress differently.