

What are the Non-competitive program STEP classes and how do I choose the best class for my child?

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| STEP 1 (6-7 yrs) 1 per wk | A beginner class for young members without any gymnastics experience. Classes are 60mins long, held one day per week. Classes focus on basic tumbling & vaulting, and conditioning & climbing |
| STEP 2 (6-8 yr+) 1 per wk | A beginner class for 8 yrs plus (any age above), or for young members (6yrs+) with some experience (passed STEP 1). Classes are 60mins long and held once per week. Classes focus on basic tumbling & vaulting, and basic conditioning & climbing. |
| STEP 3 (7yrs +) 1 per wk | A class for members who have completed STEPs 1 & 2, or for experienced older students. Classes are 60mins long and held once per week. Classes focus on basic tumbling, vaulting, bars skills, balance beam skills and conditioning & climbing. |
| STEP 4 1-2 classes per wk | A class for members who have completed STEPs 2 & 3, or for experienced older students. Classes are 90mins and held 1-2 times per week. Members can elect to attend two classes per week. Classes focus on conditioning, climbing, intermediate tumbling & vaulting. (introduction of flight & walkovers) |
| STEP 5 1-2 classes per wk | A class for members who have completed STEPs 3 & 4, or gymnasts with a National Level 1 badge. Classes are 90mins long and held 1-2 per week. Classes focus on intermediate conditioning, intermediate tumbling & vaulting. (handsprings–walkovers), introductory Balance Beam, Pommel Horse & Still Rings |