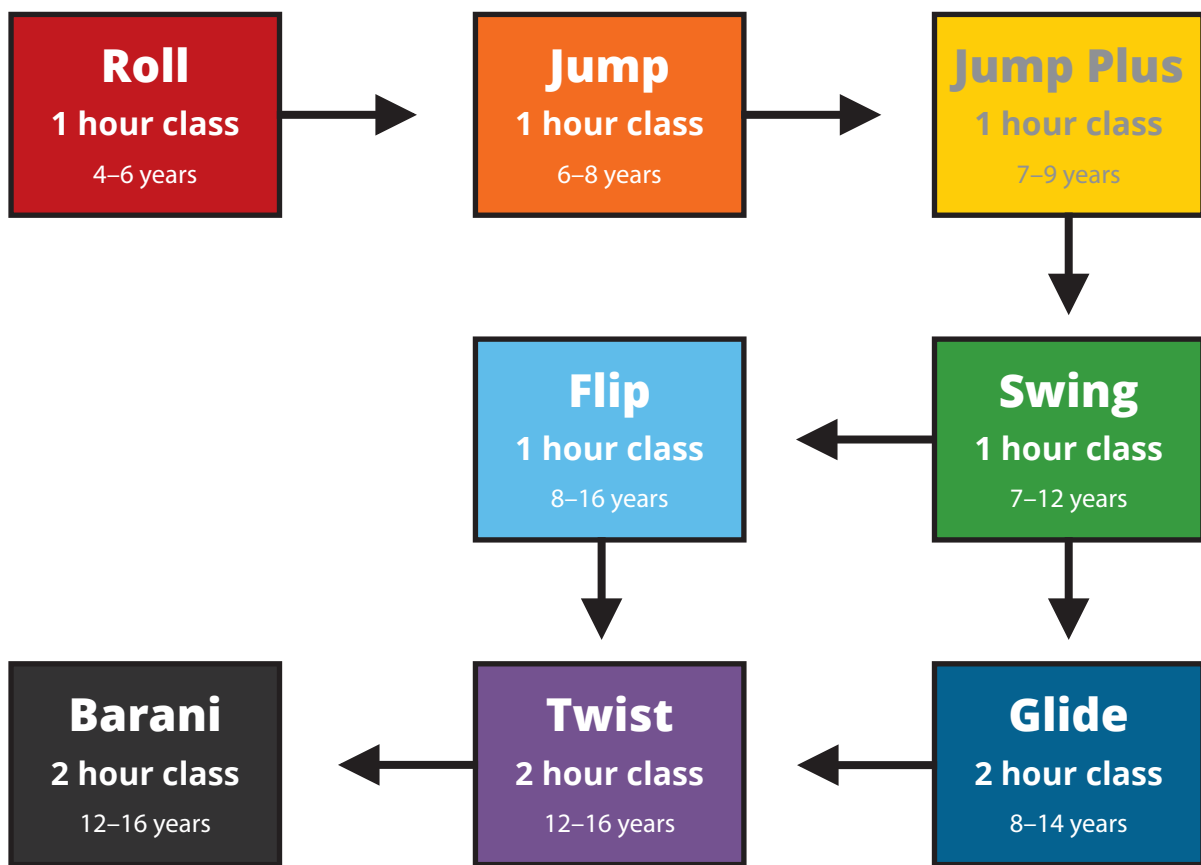


# Gymnastics Levels

We have restructured our gymnastics levels to ensure our gymnasts are being challenged and have a clear pathway for progression through the levels.

Ages for each class are a guide. Gymnasts are assessed on their skills and are placed in classes suitable for their skill level.



Our Ninja, Rebound and Gym4Me classes are separate and don't fall into the same level progression of our other recreational gymnastics classes.

**Ninja**  
1 hour class  
6-10 years

**Rebound**  
2 hour class  
Tumbling only  
8-16 years

**Gym4Me**  
1 hour class  
12-17 years