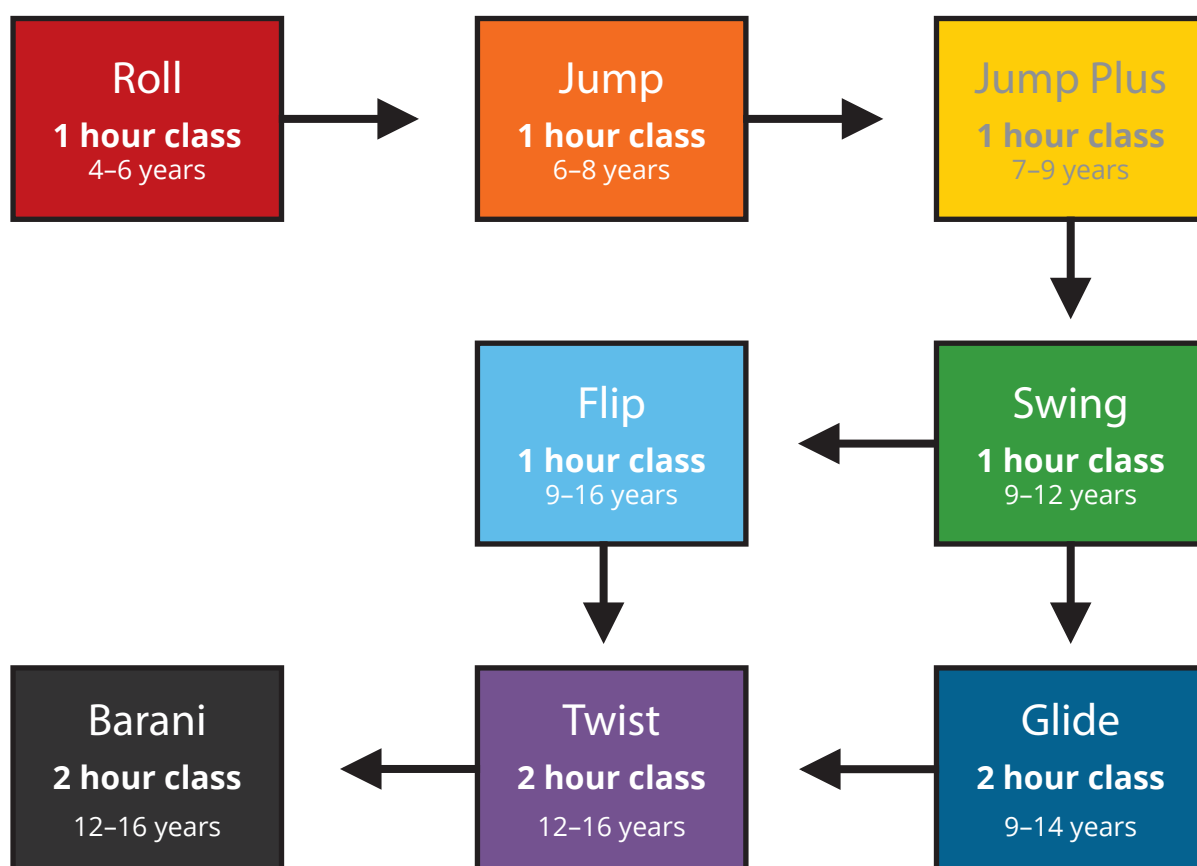


# Ballarat Aquatic and Lifestyle Centre Gymnastics Levels

Our gymnastics levels make sure 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 Teen classes are separate and don't have the same level progression of our recreational gymnastics classes.