## 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

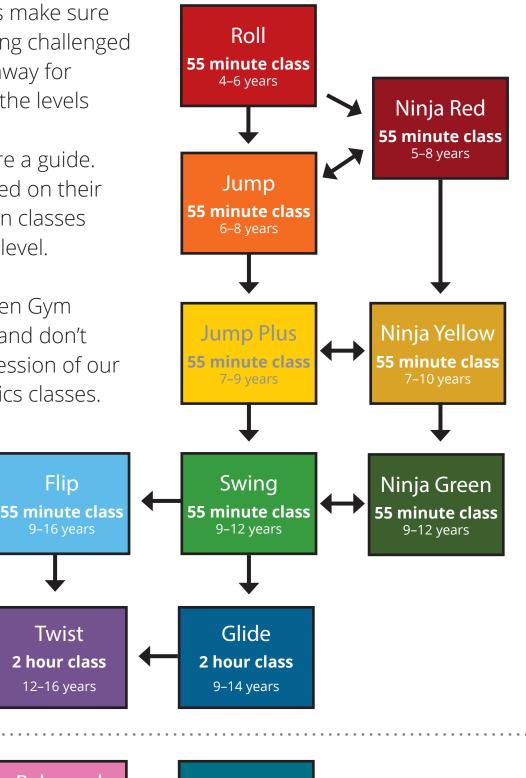
Ages for each class are a guide. Gymnasts are assessed on their skills and are placed in classes suitable for their skill level.

Our Rebound and Teen Gym classes are separate and don't have the same progression of our recreational gymnastics classes.

Barani

2 hour class

12-16 years



## Rebound 2 hour class Tumbling Only

Flip

9-16 years

Twist

12-16 years

Teen Gym 1 hour class 12–17 years

