

St Paul Public Schools Community Education Gymnastics Progression Chart

*Most gymnasts spend multiple sessions at each level before advancing.

*If participant has experience, contact gymnastics.commed@spps.org to arrange a skills evaluation.

Beginning Gymnastics Classes: Start Here!

- Tumble Together: 18 months - 4 years with adult. 30 minutes
- Tumble Transitions: 18 months - 4 years with adult at first
- Tumble Bees: ages 3-4 years, without adult. 40 minutes
- Beginner I: ages 5-14 years. 50 minutes-1 hour
- Beginner II: ages 5-14 years, minimum 2 sessions prior experience required, coach approval
- Traditionally male events: Anyone 5-14 years, Rings, Pommel Horse, High Bar, Parallel Bars
- Special Needs: Ages 6-10, participants with developmental disabilities, adult companion welcome

Intermediate Gymnastics Classes: must have coach approval to register

- Intermediate: one step up from a Beginning Level; not focused on competition, 1 hr
- Advanced: two steps up from a Beginning Level; not focused on competition, 1 hr

Advanced Gymnastics Classes: must have coach approval to register

- Junior Flips: focused on gaining competitive skills: 1.25 hours-1.5 hours
- Flips: advanced skill levels, 1.5 hours
- Top Ten: advanced, with focus on foundational work: strength, coordination and flexibility

Gymnastics Teams: coach approval and tryouts

- Leaping Lilies: non-competitive pre-team; increased financial commitment, including partial uniform; 2 hours x 2 days per week
- Silver Sharks, Blue Flames, Blue Diamonds: competitive teams; increased financial commitment including uniform, association and meet fees. 2-3 hours, 2-3 times per week depending on level