



Class Pre-Requisites for Grade School

There are 5 levels of our Grade School gymnastics classes. **Comets** (BEGINNER), **Galaxies** (INTERMEDIATE), **Mega Stars** (ADVANCED), **Asteroids & Meteors** (Level 2 & 3 ADVANCED). These are the skills your child should already have (or have with a light spot) in order to be in that class.

There are no pre-reqs to be in the Comets class.

| Event | Galaxies (INT) | Mega Stars (ADV) |
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| Floor | Cartwheel, Handstand, Backward Roll, Dive Forward Roll, Bridge | One-Armed Cartwheel, Dive Cartwheel, Handstand Forward Roll, Bridge Kick Over |
| Bars | Pullover, Cast, Grip Change | Pullover, Back Hip Circle (light spot), Climb from Low Bar to High Bar |
| Beam | Donkey Kick, Cartwheel Dismount, Straight Jumps, Pivot Turn | Lever, Cartwheel to Handstand Dismount, attempt Cartwheel, Tuck Jump, ½ Turn |
| Vault | Hurdle to Two-Foot Jump, Squat-On | Squat-On, Straddle-On, Dive Roll |

| Event | Asteroids (ADV, Level 2) | Meteors (ADV, Level 3) |
|-------|---|---|
| Floor | Back Handspring (light spot), Round-Off (shoulder repulsion), Backbend Kick Over, Front Limber, Front Handspring (light spot) | Back Walkover, Front Walkover, Back Handspring, Front Handspring, Back Extension Roll |
| Bars | Glide Swing, Back Hip Circle, 45-degree Cast, Tap Swings, Pull-up Position Hold (10 seconds) | Front Hip Circle, Squat-On, Glide Swing (pike & straddle lifting feet to bar), Three Pull-Ups |
| Beam | Handstand, Cartwheel, ½ Turn, Round-Off Dismount | Back Walkover (with light spot), Full Turn, Leap, Front Handspring Dismount |
| Vault | Handstand | Front Handspring (with light spot) |