



CLASS PROGRESSION FLOW CHART

Trussville Gymnastics offers Recreational (non-competitive) gymnastics classes separated by age and skill level and Team gymnastics (competitive) separated solely by skill level. The flow chart below depicts how students progress from one class to the next. For certain classes, age is the only factor that determines which class your child can enroll in. However, certain classes require that students pass a skills test. Coaches assess recreational students during week 7 of each 9 week session. Remember, no two students will progress at the same rate, even if they received the same type / amount of training. We believe it is more important to encourage children to work on their own skills, have fun and be proud of their accomplishments!

