

YMCA PATHWAY DESCRIPTION - KINDERGYM

Class	Age	Required Days p/w	Required Hours p/w	Class Structure / Stream	Class Description	Prerequisites
Gym Bubs	6m – 3 years	1	45 min	Parent Involvement Casual		N/A
Gym Play	Under 5 years	1	1 hr	Parent Involvement Casual		N/A
Junior Ninja	4-5 years	1	45 min	Parent Involvement Casual		N/A
Gym Tots	2.5 – 4 years	1	45 min	Parent Involvement Term Booking		N/A
Gym Kids	4-5 years	1	1 hr	Semi-Independent Term Booking		N/A

YMCA PATHWAY DESCRIPTION – FOUNDATION STEPS

PREP – STEP 2

Class	Age	Required Days p/w	Required Hours p/w	Class Structure / Stream	Class Description	Prerequisites
Prep	5-6 years	1	1 hr	Non-Competitive Term Booking	Introduction to structured sport. Listen and follow basic instructions. Introduction to artistic apparatus. Exposure to a team environment. Circuit style training. Biannual Carnival participation and quarterly skill testing. Time in Prep: 1 – 2 terms	Attends School OR Completed Gym Kids
Step 1	5 – 7 years	1	1 hr	Non-Competitive Term Booking	Circuit style training. Listen and follow basic instructions. Understand basic gymnastic terminology. Introduction to artistic apparatus. Basic gross and fine motor movements / actions. Introduction to entry-level conditioning. Exposure to a team environment. Biannual Carnival participation and quarterly skill testing. Time in Step 1: 1 – 2 Terms	N/A
Step 1 / 2	7+ years	1	1 hr	Non-Competitive Term Booking	Circuit style training. Listen to and follow instructions. Understand basic gymnastic terminology. Introduction to artistic apparatus. Basic gross motor movements / actions. Introduction to entry-level conditioning. Exposure to a team environment. Biannual Carnival participation and quarterly skill testing. Time in Step 1 / 2: 1 – 2 Terms	N/A
Step 2	6+ years	1	1 hr	Non-Competitive Term Booking	Circuit Style Training. Listen to and follow instructions. Understand basic gymnastic terminology. Introduction to artistic apparatus. Basic gross motor movements / actions. Introduction to entry-level conditioning. Exposure to a team environment. Biannual Carnival participation and quarterly skill testing Time in Step 2: 1 – 2 Terms	N/A

YMCA PATHWAY DESCRIPTION – JUNIOR STEPS

STEP 3 – STEP 6

Class	Age	Required Days p/w	Required Hours p/w	Class Structure / Stream	Class Description	Prerequisites
Step 3	7+ years	1	1 hr	Non-Competitive Term Booking	Circuit and group style training. Listen to and follow instructions. Understand gymnastic terminology. Beginner level conditioning. Biannual Carnival participation and quarterly skill testing. Time in Step 3: 2 – 3 Terms	Must have completed two Foundation Steps
Step 4	7+ years	1	1.5 hr	Non-Competitive Term Booking	Circuit and group style training. Understand and apply gymnastic terminology. Introduction to beginner level strength. Introduce foundation tumbling elements. Biannual Carnival participation and quarterly skill testing. Time in Step 4: 3 – 4 Terms	Must have completed Step 3
Step 4 / 5	7+ years	1	1.5 hr	Non-Competitive Term Booking	Learn ALP 1-2 skills. Develop basic strength and flexibility. Understand and apply gymnastic terminology. Beginner level strength and flexibility. Introduce foundation tumbling elements. Biannual Carnival participation and quarterly skill testing. Time in Step 4 / 5: 2 – 4+ Terms	Must have completed Step 3 OR Step 4 OR ALP Level 1
Step 5	7+ years	1	1.5 hr	1 Optional External Competition per year Term Booking	Learn ALP 1-2 skills. Develop beginner level strength and flexibility. Understand and apply gymnastic terminology. Intermediate level strength and flexibility. Introduce foundation tumbling elements. Use of bar learning accessories (gloves and loops) Biannual Carnival participation and quarterly skill testing. Time in Step 5: 2 – 4+ Terms	Must have completed Step 4 OR ALP Level 1
Step 6	7+ years	1 or 2	2 hr	1 Optional External Competition per year Term Booking	Learn ALP 2-3 skills. Develop intermediate level strength and flexibility. Understand and apply basic gymnastic terminology. Intermediate level strength and flexibility. Progress basic tumbling elements. Use of bar learning accessories (gloves and loops) Biannual Carnival participation and quarterly skill testing. Time in Step 6: 3 – 4+ Terms	Must have completed Step 5 OR ALP Level 2

YMCA PATHWAY DESCRIPTION – SENIOR STEPS

STEP 7 – STEP 10

Class	Age	Required Days p/w	Required Hours p/w	Class Structure / Stream	Class Description	Prerequisites
Step 7	7+ years	1 or 2	3 hr	2 Optional External Competitions per year Term Booking	Learn ALP 3 routines including choreography. Intermediate-advanced level strength and flexibility. Understand and apply gymnastic terminology. Progress tumbling elements and introduce tumbling connections. Use of bar learning accessories (gloves, loops, hand guards). Biannual Carnival participation and quarterly skill testing. Time in Step 7: 4+ Terms	Must have completed Step 6 OR ALP Level 3
Step 7/8	7+ years	2	3 hr	2 Optional External Competitions per year Term Booking	Learn ALP 4 routines including choreography. Intermediate-advanced level strength and flexibility + Test Understand and apply gymnastic terminology. Progress tumbling elements and connections. Use of bar learning accessories (gloves, loops, hand guards). Biannual Carnival participation and quarterly skill testing. Time in Step 7/8: 4+ Terms	Must have completed Step 6 OR ALP Level 3
Step 8	8+ years	1 or 2	3 hr	2 Optional External Competitions per year Term Booking	Learn ALP 4 routines including choreography. Intermediate-advanced level strength and flexibility + Test Understand and apply gymnastic terminology. Progress tumbling elements and connections. Use of bar learning accessories (gloves, loops, hand guards). Biannual Carnival participation and quarterly skill testing. Time in Step 8: 4+ Terms	Must have completed Step 7 OR ALP Level 3
Step 9	8+ years	1 or 2	3 hr	2 Optional External Competitions per year Term Booking	Learn ALP 5 routines including choreography. Advanced level strength and flexibility + Test Understand and apply gymnastic terminology. Progress tumbling elements and connections. Use of bar learning accessories (gloves, loops, hand guards). Biannual Carnival participation and quarterly skill testing. Time in Step 9: 4+ Terms	Must have completed Step 8 OR ALP Level 4
Step 10	9+ years	1 or 2	3 hr	2 Optional External Competitions per year Term Booking	Learn ALP 6 routines including choreography. Advanced level strength and flexibility + Test Understand and apply gymnastic terminology. Progress tumbling elements and connections. Use of bar learning accessories (gloves, loops, hand guards). Introduction to salto dismounts on Beam Biannual Carnival participation and quarterly skill testing. Time in Step 10: 4+ Terms	Must have completed Step 9 OR ALP Level 5

YMCA PATHWAY DESCRIPTION – EXTENSION STEP

OPEN STEPS

Class	Age	Required Days p/w	Required Hours p/w	Class Structure / Stream	Class Description	Prerequisites
Open Steps	10+ years	2	3 hr	2 Optional External Competitions per year Term Bookings	Learn ALP 6+ skills. Routine and choreography are optional. Advanced level strength and flexibility + Test Understand and apply gymnastic terminology. Use of bar learning accessories (gloves, loops, hand guards). Introduction to salto dismounts on Bars. Biannual Carnival participation and quarterly skill testing. Time in Open Steps: Dependent on participant	Must have completed Step 10 OR ALP Level 5