

The Y Pathway*

KinderGym

- Under 5's -

Gym Bubs**
(crawlers – 2yrs)

Gym Tots**
(2 – 4yrs)

Gym Kids**
(4yrs – Pre prep)

Family Gym**
(Under 5's)

Ninja Gym**
(Under 5's)

Gym Play**
(Casual)

Gym Sports & Active play
- School & Adult age -

Fundamental Step's Pathway
- School age -

Competitive Pathway

— **PLAY** —

— **LEARN** —

— **PERFORM** —

Junior Ninja**
6 - 8 yrs

Y Ninja's**
8 - 12 yrs

Free G & Obstacles**
Teen and Adults - 12yrs+

Casual Classes**
offered at specific centres only

Action Zone
- Obstacles and free G

Jump Zone
- Trampoline and tumbling

Adult Classes
- Gymnastics movements 17+ yrs

Tumbling & Trampoline
Passed Step 3

Team Gym
Passed Step 3

Adult Gymnastics**
Step 4 + Skill Level

Fitter for Life
Gentle Gymnastics - 50yrs+

Prep**
5 - 6 yrs

Step 1**
Grade 1 age

Step 2**
Beginners with no experience
Grade 2 or passed Step 1

Step 3**
Step 3 (10yrs+)
Grade 3 or passed Step 2

Step 4
Passed Step 3

Step 5
Passed Step 4
Equivalent to National Level 2

Step 6
Passed Step 5
Equivalent to National Level 2-3

Step 7
Passed Step 6
Equivalent to National Level 3

Senior Steps 8 - 10
Passed Step 7
Equivalent to National Level 4+

National Level 2
Invitation Only

National Level 3
Level 2

National Level 4
Level 3

National Level 5
Level 4

National Level 6
Level 5

National Level 7
Level 6

National Level 8
Level 7

National Level 9
Level 8

National Level 10
Level 9

KinderGym

(Under 5yrs)

YMCA's KinderGym creates opportunities for toddlers and kids to enjoy both free play and structured activities. Our KinderGym sessions assist children to develop motor skills, coordination and confidence in a fun, nurturing and safe environment. Qualified coaches run our KinderGym programs and offer new weekly activities and exercises for children to move, play, learn and develop each week. Our programs offer much more than just a physical activity. KinderGym helps children prepare for life, transition to school and promotes a lifelong love of health, learning and sport.

- **Casual Gym Play:** An unstructured session for ages 0-5 years with their parents/ carers under the guidance of a qualified coach. Casual Gym Play sessions are held weekly; long term commitment is not required, however, booking in advance is advised.

Gym Sports & Active Play

(All ages and ability)

Y Gym Sports classes are a high-energy, high-fun alternative to traditional gymnastics classes. Navigate obstacles, test your strength and challenge your focus through gym-based activities. Y Gym Sports includes many fun and interactive exercise programs to match your interests and keep you motivated on your fitness journey! Children doing Y Gym Sports Steps classes can also do Steps Gymnastics at the same time to take their skills to new heights.

Fundamental Step's Pathway

(School age)

Children doing Y Steps gain experience in a range of gymnastic activities and exercises – be it balancing on the beams, swinging on the bars or practising floor movements. Every student is encouraged to learn at their own pace and work towards reaching their own fitness potential in a supportive team environment.

Competitive Pathway

(Building future gymnastics champions)

Our Y Competitive program is open to boys and girls aged 7+ who have the passion and drive to advance their gymnastics ability in the competitive arena. Our program follows the Gymnastics Australia Levels program. Each class is run by experienced coaches to help gymnasts reach their full potential. Our Y Competitive gymnasts work hard to take home gold at competitions but are also gracious in defeat.