



Base RG Skills Advanced and Pre-Competitive Gymnasts 2017/2018

Coaches like to see each gymnast experience success in their classes. To best grow confidence, we recommend gymnasts entering Advanced or Pre-Competitive programs be able to perform some basic RG skills, in order to keep up with the level of the program.

Kindergym – 4-6 years

- Relevé (balancing on high toe)
- Passé balance
- Wide straddle sit
- Forward and backwards shoulder rolls
- Push up to stomach arch

Sparkles/Fireflies/Ravens – 6 years +

- Relevé (balancing on high toe)
- Passé balance
- Working towards splits (three ways)
- Forward and backwards shoulder rolls
- Push up to stomach arch
- Back bridge
- Airplane balance
- Skipping and chassés
- Skipping with rope
- Toss and catch with ball

If your gymnast cannot perform these skills, or if you are unsure, please contact us to arrange an assessment. Gymnasts do not need to be able to perfectly perform each skill to enter the program. Work ethic and focus are much more important than physical abilities.

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