



## Base RG Skills Advanced and Pre-Competitive Gymnasts

FVRG strives to have each gymnast experience success in their class. In order to achieve this success we work to place gymnasts in appropriate classes and levels. We recommend gymnasts entering Advanced or Pre-Competitive programs be able to perform basic RG skills, as listed below, in order to keep up with the level of the program, and to help gymnasts feel confident with the new skills they will be challenged with in class.

### **Advanced Kindergym – 4-6 years**

- Relevé (balancing on high toe)
- Passé balance held for 5 seconds
- Wide straddle sit
- Candle stand
- Working towards splits (three ways)
- Forward and backwards shoulder rolls
- Push up to stomach arch
- Cartwheel
- Skipping with rope-3 in a row
- Spin the hoop and do passé balance
- Toss and catch ball with two hands
- Spirals with ribbon

### **Advanced Sparkles/Fireflies/Ravens – 6 years +**

- Relevé (balancing on high toe)
- Passé balance held for 10 seconds
- Passé turn
- Working towards splits (three ways)
- Forward and backwards shoulder rolls
- Cartwheel
- Push up to stomach arch
- Back bridge
- Donut
- Airplane balance for 3 seconds
- Skipping and chassés
- Chassé step into leap (cat leap/single stag)
- Skipping with rope
- Toss and catch with ball with One hand
- Snakes and spirals with ribbon
- Boomerang with hoop

If you are unsure if your gymnast can achieve these skills 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.

**[www.fvrhythmics.com](http://www.fvrhythmics.com)  
[fvrg@fvrhythmics.com](mailto:fvrg@fvrhythmics.com)  
604 392 2555**