

Boundless Artistic Gymnastics Recreational Class Skills /Levels

Four main skills are used for testing. *Additional skills will be taught and may be required.

Ages 5+	Vault	Bars	Beam	Floor
Novice Yellow	Straight Jump (8in Mat)	Front Support Chin Hold Assisted Skin the Cat Straddle Swing	Low Beam Walks V - Sit Arabesque Pivot Turns	Forward Roll (to sit) Straddle Roll Step Kick Walks Bridge Hold
Pre-Beginner Orange	Dive Roll (16in Mat)	Assisted Pullover 3 Casts Skin the Cat Shrugs and Transfers	Beam Walks Forward Roll (to sit) Front Support Mount Straight Jump Dismount	Forward Roll Assisted Cartwheel Step Kick T Bridge Hold (single leg)
Beginner Green	Dive Roll (32in Mat)	Mat Assisted Pullover 3 Casts (45 Degrees) Glide Forward Roll	Medium Beam Walks Forward Roll (to stand) Swing up Mount Run Jump Dismount	Back Roll (assisted) 3/4 Handstand Bridge Walk Leap Series
High-Beginner Purple	Handstand (16 inMat)	Assisted Pullover 3 Casts High Upside down hold Climb Over - Jump	Complex Walks Scale 3/4 Handstand Roundoff Dismount	Cartwheel Handstand Roll Assisted Kick Over Jump Series
Pre-Intermediate Pink	Handstand (32in Mat)	Pullover 3 Glides Backhip Circle Straddle Dismount	High Beam Walks Cartwheel (low) Handstand (high) Handstand Dismount	Running Cartwheel Assisted Walkovers Full Toe Turn Hurdle Punch
Intermediate Blue	Handstand Hold (Table)	Climb Up Tap Swings Horizontal Cast Assisted Long Pullover	Leap Cartwheel (high) Complex Jump Handspring Dismount	Walkovers Aided Back Handspring Aided Front Handspring Dance series
High-Intermediate Red	Handspring (Table)	Assisted Squat On High Bar Catch High Bar Backhip Circle Long Pull Over	Leap + Jump Kick Over (low) Half Toe Turn Hurdle Punch Dismount	Back Handspring Front Handspring Flip (onto mat) Complex Jumps

Advanced Black	Roundoff (Table)	Assisted Kip Tap Swing Half Turn Squat On	Jump Connection Full Toe Turn Walkover (low) Series Connection	Back Tumbling Series Assisted Flip Complex Leap Series Front Step Out drill
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Boundless Acrobatic Gymnastics Recreational Class Skills /Levels

Four main skills are used for testing. *Additional skills will be taught and may be required.

Ages 5+	Top	Base	Stunting	Floor
Novice Yellow	6in Splits Bridge Hold 1 Min Arch Hold Tuck Hold	One Split Bridge Hold Tuck Hold 30 Sec Handstand	Knee Hold Boost Arabesque Cartwheel Up	Forward Roll Backward Roll Headstand Handstand
Beginner Green	Full Splits 30 Sec Handstand 1 Min Hollow Hold Pike Hold	Lunge Hold Calf Supprt Straddle Flat Hold	Knee Stand Shoulder Stand Counter Hold Hand to Hand Low	Cartwheel Walkovers Aided Back Handspring Aided Front Handspring
Intermediate Blue	Over Splits 1 Min Handstand Straddle Hold	1 Min Handstand 30 Sec Planch Table Hold+	Front Bird Bunk Bed Tuck up to hand Toe Lift	Roundoff Front Handspring Aided Flip Dance Series
Advanced Red	Press Handstand Over Arch One Arm Balance	1 Min Handstand + Table Hold + Bridge Support	Pitch to Half Back Bird Hand to Hand High Cannonball	Front/Back Tuck Two Tumbling Series Back Handspring

Boundless Rhythmic Gymnastics Recreational Class Skills/Levels

Three main skills are used for testing. *Additional skills will be taught and may be required.

Ages 5+	Rope	Ball	Hoop	Ribbon	Clubs	Floor	Flexibility
Novice Yellow	Single Jumps Lasso Cross Body	Floor Rolls Toe Turns Leaps	Hand Pass Hand Circle Roll Out	Walks Waves Small Circles	Small Circles Swings Alternating	Cartwheel Handstand Assisted Kick Over	Pike All Splits Bridge Hold
Beginner Green	Figure Eights Toe Turns Leaps	Body Rolls Tosses Neck Hold	Single Toss Split Through Retrives	Tosses Throws Turns	Toe Turn Leap Series Single Catch	One Walkover Inside Toe Turn Leap	One Over Split Compressed Bridge High Kick
Intermediate Blue	Single Throw Walkovers Foot Work	Leap Tosses Throws Turns	Hand Pass Hand Circle Roll Out	Patterns Figure Eights Walkovers	Patterns Figure Eights Walkovers	Two Walkovers Outside Toe Turn Leap Series	Double Over Split Reverse Splits Ring Hold
Advanced Red	Throws Patterns Tosses	Body Catch Walkovers Leaps	Body Circle Walkovers Leaps	Boomerang Catches Tosses	Throws Patterns Tosses	One Arm Walkover Complex Leap Series Double Toe Turn	All Hyper Splits Elbow/Ankel Bridge Hyper Shoulders