



IGI Girls Recreational Classes

USA Gymnastics changes the competitive routines every 8 years. In September of 2013 the routines & rules will change at the competitive levels which will then change the lower level requirements. In order to prepare for the 2013 change, IGI has decided to start the Level change in advance. Please see our descriptions below of the Girls Recreational Classes.



Bronze-Ages 6-9 or 10-14 (Currently Level 1/2)
Required 65min 1x a week, Recommended 65min 2x a week



Vault: Running, Hurdles, Basic Jumps off of board, etc.

Bars: Casting, Pullover, Back Hip Circle, Sole Circle or Underswing Dismount, etc.

Beam: Side handstand on low beam, Cross handstand on low beam, Basic dance skills, etc.

Floor: Backward roll, Cartwheel, Handstand, Backbend, Bridge Kickover, etc.



Silver-6 & Up *Invite Only Class (Currently L2* Invite Only)
Required 65min 1x a week, Recommended 65min 2x a week



Vault: Sprints, Handstands holds, Jumps & Rolls onto mat, etc.

Bars: Multiple Casting, Shoot through, Mill Circle or Single Leg Knee Drop, etc.

Beam: Side handstand on high beam, Cross handstand on high beam, Intermediate dance skills, etc.

Floor: Backward pike roll, Handstand forward rolls, Roundoff, Backwalkover, etc.



Gold-6 & Up *Invite Only Class (Non-Competitive Level 3 *Invite Only)
Required 65min 2x a week, Recommended 65min 3x a week



Vault: Technique of run and hurdle, Jumps, Rolls & Handstands onto mat, etc.

Bars: Leg cuts, Sole circle dismount, Glide swings, Basic swings on high bar, etc.

Beam: Side & Cross handstand on high beam, Advanced dance skills, etc.

Floor: Straight arm handstand forward rolls and backward pike rolls, flip flops on tramp, etc.

Level 3 GIJO/AAU Competitive-6 & Up *Invite Only Class

Required 2 hours 2x a week + GIJO Competitions, Recommended 2 hours 3x a week

Level 3's will be **required** to compete GIJO/AAU Level 3 during the school year using USAG routines.

Gymnasts must have all the required skills in order to enter this level.

Recreational GIJO/AAU Level 4, 5, 6 & Optional Team-*Invite Only Class

IGI's GIJO's practice anywhere from 8-11 hours a week depending on their level. Please contact the gym and ask for Karyn for more information if you are interested in scheduling a try-out.

IMPORTANT INFORMATION: Skills listed above are examples of what is required on our testing sheets. Skills are subject to change as USA Gymnastics makes changes. Skills on all 4 events must be completed before moving up. Gymnasts must have written approval in order for the front desk to enroll in Invite Only Classes. Gymnastics requires year round training, if taking time off a re-evaluation will be required to enroll for Invite Only Classes. Depending on commitment level, strength & training it could take 1-2 years in each level. Following our recommended training year round could lessen the time it takes to move up. Please contact us at 630-325-3333 if you have any additional questions.