

Jets, Select and Bronze

Gymnasts are moved into these levels by teacher recommendation. In these levels they start working competitive skills and routines

Move Up To

Depending on class attending and age, gymnasts go either one of these paths*

Levels Path

Adv. Jets, Adv. Select and Silver
These levels have the option to compete level 3 routines, and work these routines in class. Best for younger gymnasts starting competitions. Competing not mandatory. Competing costs are low. *Ballet is required to move up to Diamond*

Move Up To

OR

Diamond
Work on level 4 skills and routines to get ready for level 4 team. No meets for this level.

Gold and Diamond
Work on level 4 routines and skills to get ready for level 4 team or Xcel team. No meets for this level

Move Up To

OR

Level 4 Team
3X per week including ballet. Compete level 4 routines. Competing is mandatory at this level. Starting this level competing costs go up and there is a parental time commitment involved.

Move Up To

OR

Level 5 then Level 6 Team
More hours per week than level 4 (4-5 days per week) Competing is mandatory at these levels. Competing costs go up again at these levels.

Move Up To

OR

Level 7,8,9,10 Team
Time commitment, competing costs and seriousness of program goes up substantially. Costs can reach up to \$10K per year in these levels.

Xcel Path

Xcel Level 1
Skill level is similar to level 3 skills, gymnasts can do their own routines. Best for gymnasts ages 10+
Competing is not mandatory. Competing costs are low at this level.

Move Up To

Xcel Level 2
Work on level 4 skills plus other skills specific to Xcel levels. Gymnasts compete routines with skills that are geared towards their own strengths.
Competing is not mandatory. Competing costs are low at this level.

Move Up To

Xcel Level 3
3X per week including ballet. Competing is not mandatory, but strongly encouraged. Competing costs are still low at this level.

Move Up To

Xcel Level 4
Similar hours to level 5,6 or 7 team. Skill level is similar to level 5-8 as well with less restrictions on rules. Competing costs go up at this level. Competing is not mandatory, but strongly encouraged.

* Gymnasts may cross back and forth between the different paths.