

Infinite Gymnastics offers 7 Levels within the classes:

Beginner (Level 1,2,3) **Intermediate** (Level 4,5) **Advanced** (Level 6,7)

This chart allows coaches to track the development of an individual student as well as allowing each student to appropriately evaluate their personal skill progression.

Level 1

At this level, the student will progress through exercises and activities that will help them to increase flexibility and strength and to develop special awareness appropriate with the beginning level of gymnastics activities. The speed of this development will vary dependent upon the student. Many but not all students will complete Level 1 by the end of the 1st semester of classes.

Level 2

At this level, the student has achieved muscle strengthening and more body control in order that he/she can advance their controlled movements. At level 2 the student will continue to develop and improve core strength while working towards becoming more familiar and then proficient with a broader range of foundational gymnastics skills.

Level 3

The student will now have achieved a competency of many foundational gymnastics skills and proficiency in many basic gymnastics elements along with increased strength and flexibility. The student should now be ready to increase the intensity of skills.

Level 4

The student has the basic foundational elements of beginning tumbling and now will be instructed to more fully understand the dedication and persistence required to further develop their proficiency in tumbling to work towards mastery.

Level 5

The student is consistently showing improved mastery of basic gymnastics skills with increased strength and flexibility. The progression of skill is now demonstrated through a high level of proficiency in consistent execution. Most students will not progress beyond this level to advanced gymnastics.

Level 6

The student will show a strong aptitude for the more challenging gymnastics skills along with proficiency and mastery of the basic skills. This training will be more repetitive and will likely take longer to demonstrate continued progression at these advanced levels. The elements worked on in this level will be more complicated and thus require a more hands-on coaching and individual approach.

Level 7

Students at this level will work in close consultation with the Head Coach of Andrews University Gymnics (or designee) on what specific goals they must achieve to conclude this level. A specific focus will be given to the possibility of pursuing a team-oriented setting to further develop their skills.