

*For 35 years, Queen's Park Arenex has prided itself on providing quality gymnastic and trampoline programs. Supportive, caring, and qualified instructors make our classes unique and most of all FUN! We encourage all abilities and ages to come and experience gymnastics and trampoline the "New West" way!*

## SKILL GUIDELINES FOR PRESCHOOL LEVELS:

### PARENT & TOT GYMNASTICS

*An introduction to the basics of gymnastics and trampoline skills. Parents are taught the correct spotting techniques and safety guidelines for their toddlers in an informal semi-structured setting.*

### TEENY TOT BEGINNERS

*Perfect for the three year old who is ready to be with the instructor on their own. Basic instruction and safety skills are taught on all apparatus using a fun progressive approach.*

- TUMBLING**
- baby cartwheel (over mat)
  - back roll (assisted)
- BALANCE BEAM**
- forward & backward walking (low beam)
  - assisted walking (high beam)
- TRAMPOLINE**
- stop bounce
  - seat drop
  - wide bounce
- UNEVEN BARS**
- front support
  - tuck hang (assisted)

### TEENY TOT INTERMEDIATE

*This class is suited for the child who is comfortable with the basic skills on all the apparatus and is aware of the safety rules. Tumbling skills will include the baby cartwheel and the backward roll on the incline.*

- TUMBLING**
- baby cartwheel
  - back roll (on incline)
- BALANCE BEAM**
- forward & backward walking (high beam)
  - \*jumps\* on low beam
- TRAMPOLINE**
- wide jump
  - tuck jump
  - hands & knees drop
- UNEVEN BARS**
- front somersault dismount
  - back somersault (low bar)

### TEENY TOT ADVANCED

*Children in this class have grasped the concept of the cartwheel and back roll. Cat leaps, pullovers and teddy bear stands will be introduced on the balance beam, uneven bars and tumbling mats.*

- TUMBLING**
- cartwheel (legs over head)
  - handstand
  - back roll
  - teddy bear stand
- BALANCE BEAM**
- cat leap
  - knee scale
  - tuck jump dismount
- TRAMPOLINE**
- seat drop half twist
  - straddle jump
  - hands & knees drop
- UNEVEN BARS**
- pullover (assisted)
  - leg swings (in front support)
  - single leg hang

### TOT GYM ONE

*Excellent for the children who are ready to join the instructor and learn the basics of gymnastics, safety skills are emphasized as the child progresses on each apparatus.*

- TUMBLING**
- baby cartwheel
  - back roll (on incline)
- BALANCE BEAM**
- forward and backward walking
  - arabesque
- TRAMPOLINE**
- tuck jump
  - wide jump
  - seat drop
  - hands & knees drop
- UNEVEN BARS**
- front support
  - front somersault dismount
  - tuck hang



### TOT GYM TWO

*Children in this level understand the concept of cartwheels and back rolls and are comfortable on all apparatus. Skills introduced in this level include cat leaps, pullovers and teddy bear stands.*

- TUMBLING**
- cartwheel (legs over head)
  - back roll
  - handstand
- BALANCE BEAM**
- cat leap
  - knee scale
- TRAMPOLINE**
- seat drop half twist
  - hands & knees-front drop
- UNEVEN BARS**
- pullover (assisted)
  - single leg hang

### TOT GYM THREE

*At this level, children are very comfortable with cartwheels and handstands. Continuous tumbling skills are developed along with circles on the uneven bars.*

- TUMBLING**
- cartwheel (in series)
  - back straddle roll
  - headstand
- BALANCE BEAM**
- straight jump
  - hitch kick (assisted)
  - lunge
- TRAMPOLINE**
- swivel hips (progression)
  - seat-to-front drop
- UNEVEN BARS**
- pullover
  - back hip circle (assisted)

### TOT GYM FOUR (4 - 6 years)

*For those who are ready to start power skills in tumbling. Forward rolls are now introduced on the balance beam.*

- TUMBLING**
- round off
  - dive roll
  - left & right cartwheel
- BALANCE BEAM**
- front roll (assisted)
  - hitch kick
  - cartwheel dismount (low beam)
- TRAMPOLINE**
- swivel hips
  - back drop
- UNEVEN BARS**
- pullover (on high bar)
  - back hip circle

### PRE-SCHOOL TRAMPOLINE & TUMBLING

*This progressive level system follows our regular trampoline skill chart. Tumbling is added to round out the trampoline skills and teach body awareness.*

## SKILL GUIDELINES FOR SCHOOL AGE LEVELS:

### INTRODUCTION TO GYMNASTICS

*This program introduces the basics of gymnastics in a safe, relaxed, fun and recreational atmosphere.*

- TUMBLING**
- baby cartwheel
  - front roll
  - back roll (on incline)
- BALANCE BEAM**
- forward & backward walking
  - arabesque
- TRAMPOLINE**
- stop bounce
  - seat drop
  - tuck jump
  - hands & knees drop
- UNEVEN BARS**
- front support
  - front somersault dismount

### RED LEVEL

*This class is for the child who has been introduced to gymnastics and has grasped the basic concepts of tumbling. The challenge of perfecting the cartwheel and handstand will be the focus of this level.*

- TUMBLING**
- cartwheel
  - handstand
  - back roll
  - front straddle roll
- BALANCE BEAM**
- front support mount
  - cat leap
  - tuck jump dismount
- TRAMPOLINE**
- full twist jump
  - seat drop half twist
  - hands & knees to front drop
- UNEVEN BARS**
- pullover (assisted)
  - front somersault dismount
  - back somersault dismount



## WHITE LEVEL

A longer session of gymnastics, this class is recommended for those that have mastered a good cartwheel and back roll. Rolls on the balance beam will be introduced at this level.

- TUMBLING**
- headstand
  - back straddle roll
  - left & right cartwheel

- BALANCE BEAM**
- straddle on mount
  - scale
  - front roll (assisted)

- TRAMPOLINE**
- swivel hips
  - front drop
  - back drop (progression)

- UNEVEN BARS**
- pullover
  - back hip circle
  - single leg upswing

## BLUE LEVEL

For children who are ready to combine tumbling skills. Handsprings are introduced on the mats and forward rolls on the balance beam are done independently at this level.

- TUMBLING**
- backbend
  - round off

- BALANCE BEAM**
- squat on mount
  - forward roll
  - round off dismount

- TRAMPOLINE**
- back drop
  - ant bounce (back drop bouncing)
  - Airplane (half twist to front drop)

- UNEVEN BARS**
- underswing
  - penny drop
  - pullover to high bar



## MERIT, BRONZE, SILVER, GOLD

These achievement levels offer increasingly more difficult challenges and techniques. A high level skill development is emphasized. Children are encouraged to progress at their own pace on each apparatus.

- TUMBLING**
- handspring,
  - handsprings in series
  - somersaults

- BALANCE BEAM**
- rolls
  - walkovers
  - cartwheels
  - somersault dismounts

- TRAMPOLINE**
- cradle
  - corkscrew
  - somersaults
  - somersaults with twists

- UNEVEN BARS**
- kip
  - handstand
  - fly away
  - giant pullovers

## POWER TUMBLING

This class is for children who have successfully completed the tumbling portion of blue level gymnastics and want to develop more challenging skills on the tumbling floor. A variety of handsprings, somersaults and fast continuous skills will be introduced in this very dynamic class.

- cartwheels
- round off
- handspring
- somersaults
- whipbacks

## SKILL GUIDELINES FOR ALL TRAMPOLINE LEVELS:

Our trampoline program focuses on safety while teaching students the skills and techniques to become better trampolinists. Students will master a series of skills in each level before progressing to more advanced challenges.

### RED LEVEL

- stop bounce
- seat drop
- tuck jump
- straddle jump
- four bounce routine

## ORANGE LEVEL

- full twist
- hands & knees to front drop
- seat drop-half twist
- five bounce routine

## YELLOW LEVEL

- ant bounce (back drop bouncing)
- swivel hips (seat drop-half twist-seat drop)
- back drop (no bounce)
- eight bounce routine

## GREEN LEVEL

- back drop
- airplane (half twist front drop)
- ant bounce to feet
- ten bounce routine

## BLUE LEVEL

- roller (seat drop full twist seat drop)
- front drop to back drop
- airplane to back drop
- back drop-half twist to feet
- ten bounce routine

## GOLD LEVEL

- cradle (back drop-half twist-back drop)
- cruise (front drop-half twist-front drop)
- cat twist (back drop- full twist-back drop)
- ten bounce routine

## PRE-COMPETITIVE LEVEL ONE

- front somersault-tuck
- front somersault-pike
- barani (front somersault-half twist)
- back somersault-tuck

## PRE-COMPETITIVE LEVEL TWO

- front three-quarter somersault
- porpoise (somersault from the back)
- back somersault-pike
- back somersault-layout

## PRE-COMPETITIVE LEVEL THREE

- rudi (front somersault one and one half twist)
- back somersault-full twist
- barani ballout (barani from the back)

## QUEEN'S PARK ARENEX

# Flip, Flop & Fly



## GYMNASTIC & TRAMPOLINE GUIDELINES

### C O N T I N U U M

Parent & Tot (2 - 5 yrs)	Pre-School Trampoline & Tumbling (3 - 6 yrs)
Teeny Tot Beg. (3 yrs)	Tot Gym 1 (4 - 6 yrs)
Teeny Tot Int. (3 yrs)	Tot Gym 2 (4 - 6 yrs)
Teeny Tot Adv. (3 yrs)	Tot Gym 3 (4 - 6 yrs)
	Tot Gym 4 (4 - 6 yrs)
	Intro (6 - 12 yrs)
	Red Trampoline (6 - 12 yrs)
	Red (6 - 12 yrs)
	Orange Trampoline (6 - 12 yrs)
	White (6 - 12 yrs)
	Yellow Trampoline (6 - 12 yrs)
	Blue (6 - 12 yrs)
	Green Trampoline (6 - 12 yrs)
	Merit (6 - 15 yrs)
	Blue Trampoline (6 - 12 yrs)
	Bronze (6 - 15 yrs)
	Gold Trampoline (6 - 12 yrs)
	Silver (6 - 15 yrs)
	Pre-Competitive 1 (6 - 15 yrs)
	Gold (6 - 15 yrs)
	Pre-Competitive 2 (6 - 15 yrs)
	Pre-Competitive 3 (6 - 15 yrs)

**OTHER PROGRAMS**  
Power Tumbling  
(Blue Gymnastics is a prerequisite)

Youth/Adult Gymnastics

Youth/Adult Trampoline

Circus Programs

Private Lessons

Group Visits



[www.nwpr.bc.ca](http://www.nwpr.bc.ca)



Queen's Park, New Westminister, BC  
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