



IGI Girls Recreational Classes

Level 1/2 Ages 6 & Up

Vault: Basic Jumps off board

Bars: Casting
Pullover
Glide Swings

Beam: Side handstand on low
Basic dance skills

Floor: Backward Rolls
Cartwheels
Handstands
Backbend & Kickover



Skills to be Completed in Each Class

Level 2 Only Ages 6 & Up

THIS IS AN INVITE ONLY CLASS

Vault: Basic Jumps to Mats

Bars: Multiple Casting
Back Hip Circle ★
Shoot Through

Beam: Side handstand on high
Intermediate dance skills

Floor: Roundoffs ★
Back pike roll
Handstand forward rolls
Backwalkover

Level 3 Ages 6 & Up

THIS IS AN INVITE ONLY CLASS

Vault: Basic Jumps to Mats

Bars: Multiple Casting
Back Hip Circle ★
Shoot Through

Beam: Side handstand on high
Cross handstand on high
Intermediate dance skills

Floor: Balkwalkovers
Dance, Turns & Leaps
Roundoffs—flip flops

GIJO Level 3 Competitors

Level 3's must attend classes a minimum of 4 hours a week and have all required USAG Level 3 skills in order to compete. ★

GIJO Level 4—Optional

IGI's GIJO's practice anywhere from 8—11 hours a week depending on their Level. Please call the gym and ask for Karyn for more information or if you are interested in scheduling a tryout.