

BERKHAMSTED GYMNASTICS CLUB

Progressions Tree

DEVELOPMENT

Competition Level

ARTISTIC

DEVELOPMENT

Advanced PLUS A

Skills levels are consistent and dedication.

Advanced PLUS B

Advanced level Badge 1-3

ADVANCED

Badge 3-1

INTERMEDIATE

Badge 6-4

NOVICE

Badge 10-7

PRE-SCHOOL

Age 2-5yrs

Progression within Gymnastics

allows children to explore, improve and refine movements with skilful control and development. Takes time, commitment, hard work, and repetition. Making sure from the first steps that gymnasts understand the basic skills are so important to move up the progression tree.