



Dear Parent

Omega's curriculum is based on the progressions suggested by the USA and the AmeriKiDS age group programs and ensures continuity with gym programs across the nation. Our Gymnasts must master the skills listed with an asterisk(*) in order to advance to the next level. Instructors perform constant evaluation of their gymnasts, and will advance them to the next level as soon as they observe satisfactory completion of a skill no fewer than three (3) times in a row without falter.

BEGINNER BOYS GYMNASTICS

FLOOR EXERCISE

Forward roll to stand*
Backward roll to stand*
Cartwheel*
Tripod - 2 second hold
Candlestick*
Bridge*
Handstand

VAULT

Knee ups
Bottom kicks*
Straight jump*
Handstand to flat back
Stick technique*

POMMEL HORSE

Pendulum swings*
Stride swings
Single leg cuts*

MUSHROOM

¼ circle jumps*
½ Circle*

PARALLEL BARS

Support swings*
Straddle walk*
Tuck sit*
L-sit
Rear flank dismount*

STILL RINGS

Swings - 45° below horiz.*
L-sit below rings*
Inverted hang*
Basket*
Skin the cat*
Pull up to Flex Arm Hang

HORIZONTAL BAR

Pullover from stand*
Cast - 45° below bar*
Back hip circle
Undershoot*
Swings - 45° below bar
Hang Tap (Arch,Hollow)

INTERMEDIATE BOYS GYMNASTICS

FLOOR EXERCISE

Chasse
Round-off*
Backward roll to pike*
(Straight arms)
Pancake*
Forward straddle roll*
Headstand
Arabesque
Handstand*
Splits - left, right, center

VAULT

Sprint w/long, even stride*
Handstand pops*
Handstand block to back*

POMMEL HORSE

Pendulum swings*
Stride swings*
Single leg cuts

MUSHROOM

Full circle*
Connected circles

PARALLEL BARS

Support swings-horizontal*
L-sit - 2 second hold*
Long hang swing*
Upper arm support swing*

STILL RINGS

Swing w/shoulder rise*
Back lever position
Skin the cat pull back*
Support-above ring*
Muscle up

HORIZONTAL BAR

Swing hop re-grip*
Cast - horizontal*
½ turn swing*
Tap swing*
Long hang pullover*
Chin-ups