Gymnast Progressions

Under 5's

KinderPlay → KinderLearn → Pre-gym (kindy age)

Recreational

FreeG Foundation → FreeG Intermediate → FreeG Advanced → FreeG Advanced (Silver) → FreeG Advanced (Gold)

RecReady 1 Foundations → RecReady 1 Progressions → RecReady 1 Accomplished (Silver) → RecReady 1 Accomplished (Gold) → RecReady 2 - WAG / RecReady 2 - MAG / RecReady 2 - Tramp

Tumbling

Competition

Development → Squad C → Squad B → Squad A

TeamGym

Current as at 14/01/2026