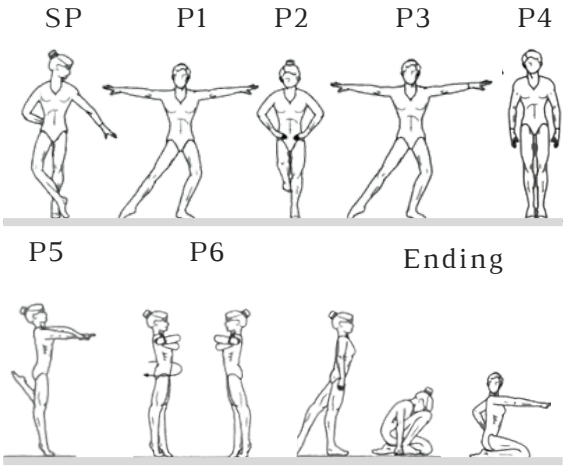
ASPIRE GYMNASTICS
13TH ANNUAL IN-HOUSE COMPETITION

Recreational Plus & 9+ Routines

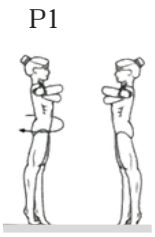
FLOOR

1. Starting position: one foot crossed over, x1 arm behind back, x1 arm pulled out **Pose 1(P1)**: foot out and both arms out, **Pose 2(P2)**: bent knee passé arms over head **Pose 3(P3)**: Arms out, one foot out **Pose 4(P4)**: feet together, arms pulled back
2. Step kick handstand
3. Chassé split step into **Pose 5(P5)**: fish pose
4. Step together, straight jump split jump
5. Half spin (in passé)
6. Front roll into straddle, swim through, push into front support, tuck into stand
7. **Pose 6(P6)**: step relevé with arm hug. Pivot turn
8. Run hurdle cartwheel / round off
9. Jump 1/2 turn, into **ending pose**
10. **Ending pose(EP)**: Step down to knees, sit feet to bum, ending arms optional



BEAM

1. Stretch, side tuck on mount (or butterfly)
2. Relevé hold arms by ears
4. Step kick into needle/needle hop/handstand
5. Step into straight jump, straight jump, **Pose 1(P1)**: Arm hug, pivot turn, pivot turn
6. Open into arabesque balance
7. Step split / dip hop
8. Grapevine / dance to end of beam
9. Dismount of choice
10. Stretch



BARS

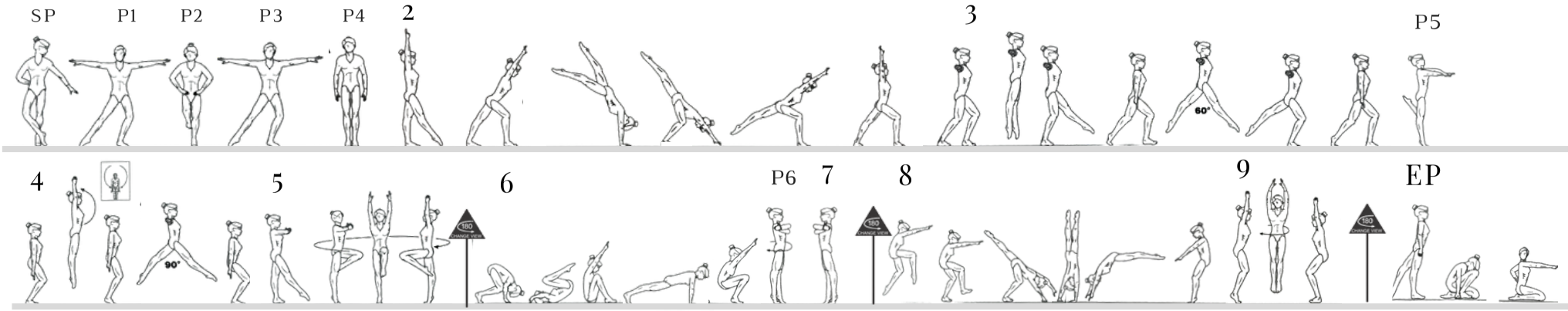
1. Chin up pullover
2. 3 casts into back hip circle - assisted if necessary
3. Skill - stride support hold, or stride circle (or other skill if able)
4. Dismount - Straddle undershoot/swings, or clear undershoot
5. Stretch

In House Competition: **Sunday December 13th**. Registration deadline: **Nov 21st.**
Competition times will be given out closer to the date!

Videos of the floor & beam routine will be online on our website @ aspiregymnastics.ca

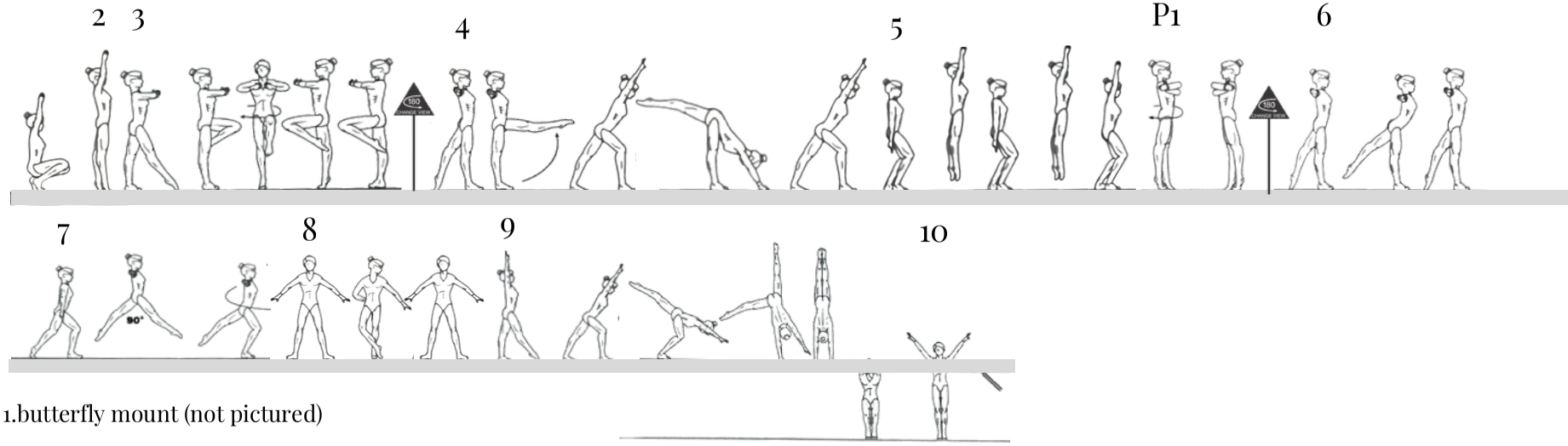
ASPIRE GYMNASTICS
RECREATIONAL PLUS & 9+ IN-HOUSE ROUTINES 2026

FLOOR



*straddle swim through(not pictured)

BEAM



1.butterfly mount (not pictured)