

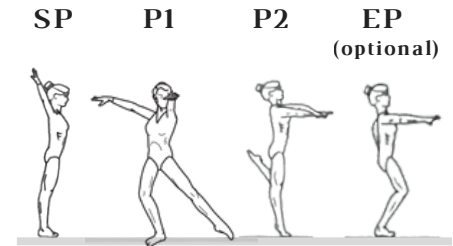
ASPIRE GYMNASTICS 12TH ANNUAL WINTER IN-HOUSE COMPETITION



Recreational 6-8 Routines

FLOOR

1. **Starting Position (SP)**: Present
2. Step kick needle hop/handstand, lunge
3. Step together - straight jump, tuck jump/star jump, **Pose 1 (P1)**
4. Front roll to straddle sit, arms out to side, candle stick to Rock and Roll to stand up
5. Chassé catleap, **Fish Pose (P2)**, step passé, lift to relevé
6. Jump half turn
7. Favourite skill to end
8. **Ending pose (EP)**- choose any ending pose or present facing parents!



BEAM

1. Stretch, butterfly mount to stand @ end of beam facing floor
2. Relevé hold, arms by ears
3. Open arabesque hold, dip / dip hop to land
4. Step kick, needle, lunge, present
5. Step passé hold
6. Straight jump
7. Grapevine
8. Dismount off beam - any shape jump to land in motorcycle
9. Present

BARS

1. Chin up pullover
 2. 3 casts, front circle down to chin hold
 3. Straddle undershoot / 3 straddle swings to land at front
- OR**
1. Stretch, pullover
 2. 3 casts back hip, then cast back to block behind
 3. Jump straddle undershoot off block to land at front

In House Competition: **Sunday December 14th**. Registration deadline: **Nov 22nd**.
Competition times will be given out closer to the date!

Videos of the floor & beam routines are on our website aspiregymnastics.ca

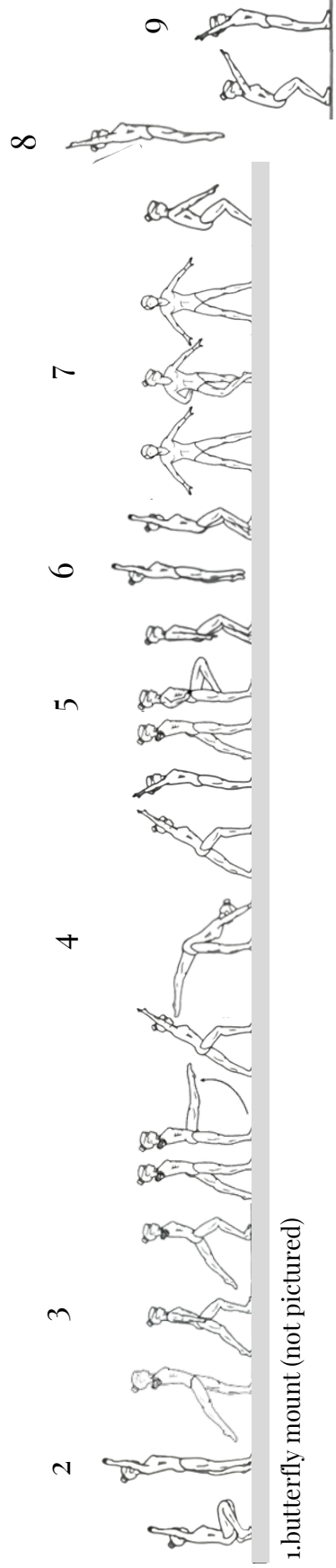
ASPIRE GYMNASTICS RECREATIONAL 6-8 IN-HOUSE ROUTINES WINTER 2025

FLOOR



EP- choose any pose or just present!

BEAM



1. butterfly mount (not pictured)

