

# ASPIRE GYMNASTICS 12TH ANNUAL WINTER IN-HOUSE COMPETITION



## Recreational Plus & 9+ Routines

### FLOOR

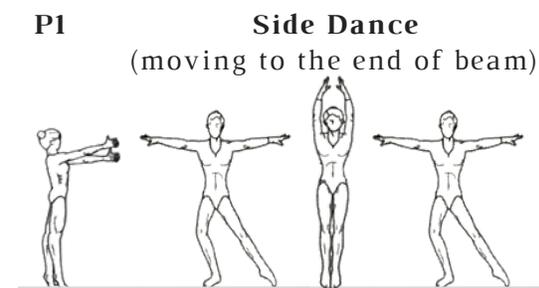
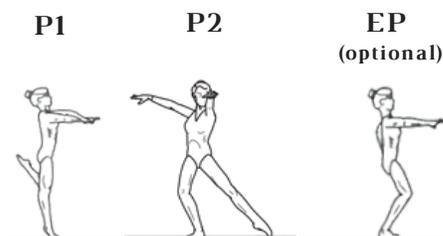
1. **Starting Position:** In straddle sit
2. Bring feet together to pike sit, push into bridge  
**Option 1:** Come back down, rock and roll to stand  
**Option 2:** Kick over to lunge  
**Option 3:** Push hips up forward to stand
3. Chassé catleap/scissor kick/split leap, **Fish Pose (P1)**
4. Step kick handstand / needle hop to land in lunge
5. Straight jump, split jump connection, **Pose 2 (P2)**
6. Cartwheel step in
7. 1/2 spin
8. Favourite skill
9. **Ending Pose (EP)** - choose any ending or present facing parents!

### BEAM

1. Stretch, butterfly mount to stand or tuck on (front or side) @ end of beam facing floor
2. Relevé hold arms to ears
3. Step kick into needle/needle hop/ handstand, land in lunge
4. Step pivot turn, then squat turn
5. Step into jump connection, **Pose 1 (P1)** (Arms forward middle, hands crossed)
6. Open arabesque hold (2s), step split / dip hop, lift to relevé hold
7. *Optional additional skill*
8. **Side Dance** (out, together, out - see pictures)
9. Dismount of choice
10. Present

### BARNS

1. Pullover
2. 3 cast into back hip circle
3. Skill - stride support hold, stride circle, basket swing, or other skill
4. Dismount options
  - a. Circle down, straddle swings off
  - b. Cast back to block, jump straddle undershoot
  - c. Cast straddle / pike / clear undershoot



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](http://aspiregymnastics.ca)

# ASPIRE GYMNASTICS RECREATIONAL PLUS & 9+ IN-HOUSE ROUTINES WINTER 2025



## FLOOR

SP

2

option 1 & 3 not pictured

3

P1

4

5

120°

P2

6

7

8

EP - choose any pose or just present!

## BEAM

1. mount (not pictured)

2

3

4

5

P1

6

7 optional additional skill

8 Side Dance (moving to the end of beam)

9 dismount of choice

10