

Recreation Class Skill Requirements

	Beginner	Intermediate	Advanced	Xcel Prep 1	Xcel Prep 2 (invite only)
Vault	<ul style="list-style-type: none"> Assemble on spring-board & land safely on 8" mat Block off wall with hands Carpet march Handstand, flatback 	<ul style="list-style-type: none"> Assemble onto 16" mat Handstand hops on floor Sprint up board onto resi Hs hold against wall, 10 sec. 	<ul style="list-style-type: none"> Pop up onto resi Handstand block up 1 panel Str arm roll onto resi HS hold against wall, 15 sec. HS flatback onto 16" mats 	<ul style="list-style-type: none"> Pop up onto table HS block up 2 panels HS hold against wall, 20 sec. HS flatback on resi 	<ul style="list-style-type: none"> Str arm roll on table HS hold against a block, 30 sec. HS flatback onto resi + 8"
Bars	<ul style="list-style-type: none"> Front support, cast, fwd roll off bar Hand grips: over-under-mixed Position 1 & 2 Pullover-walk feet up wall w/ chest at the bar Straddle hang 	<ul style="list-style-type: none"> 3 casts: str arms, tight body Glide swing Position 3 & 5 Pullover Jump to straddle on bar, fall to seat 	<ul style="list-style-type: none"> 3 cast BHC Jump to glide swing Jump to pos 5, str arms Pos 4 (candle) w/ spot Jump to straddle on 	<ul style="list-style-type: none"> 1 cast BHC Glide to pos 1, 2, 3 Pos 4 hold 2 sec. Jump to squat on Jump to straddle on dismount 	<ul style="list-style-type: none"> Press HS against wedge Glide kip w/ spot Cast sole circle dismount Undershoot dismount Squat on
Beam	<ul style="list-style-type: none"> arabesque passe & coupe holds pivot turn walks: releve-fwd-bwd-sideways 	<ul style="list-style-type: none"> L-handstand on LB Lunge lever to needle scale to lunge on MB Leap Straight jump Tuck jump Snap turn 	<ul style="list-style-type: none"> Handstand on LB L-handstand on MB Cartwheel on LB CW to HS flatback on LB Split jump ½ turn on MB 	<ul style="list-style-type: none"> Vertical HS on MB L-handstand on HB CW on MB CW to HS dismount on MB 2 jump series ½ turn on HB 	<ul style="list-style-type: none"> Vertical HS on HB CW on HB CW to HS dismount on HB 2 jump series w/ split jump Full turn on MB
Floor	<ul style="list-style-type: none"> bwd roll bridge fwd roll lever to L-handstand lunge-cw-lunge 	<ul style="list-style-type: none"> Dumpover down wedge-str arms Back bend at bottom of wedge Kickover down wedge Vertical handstand Str-leg CW 	<ul style="list-style-type: none"> Dumpover on floor, str arms Backbend kickover HS to bridge, KO CW, pull 2nd leg in Bridge, jump 2 feet to pushup on tramp 	<ul style="list-style-type: none"> Back extension on wedge Back walkover Front limber FHS over wedge Round off BHS on tramp/wedge Split leap 	<ul style="list-style-type: none"> Back ext on floor Front walkover FHS Round off-rebound Back handspring RO BHS w/ spot Full turn Leap & Jump series