FITNASTICS AUSTRALIA CLASS PROGRESSIONS

Children can join the program at any point. The emphasis is on cultivating gymnastics skills alongside promoting cognitive, emotional, and social growth at various stages across a 6 - 12 -month period.

Our team understands that every child is different and will progress at their own pace, coaches will remain in constant communication as to where your child is most suited to maintain a positive experience.









Beginner
5 + Years Old
Junior Fundamentals

6 + Years Old
Girls Gym Pros
Girls Gym Champs

Boys Intermediate

Intermediate

Senior 8 + Years Old

Girls Gym Aces
Girls Gym Masters
Boys Advanced

Additional

5 + Years Old

Tumbling
Flips and Tricks
Parkour
Aerial