

NBGA Fitnastics Progression Reference Sheet

How Your Child Moves Through the Fitnastics Pathway

At Northern Beaches Gymnastics Academy, our Fitnastics program is designed to support every child's growth at the right pace. Progression is never rushed. Instead, gymnasts move forward when they show readiness, confidence and consistent skill development.

Below is a quick guide to how progression works within our Fitnastics stream.

How Progression Happens

Gymnasts progress to the next class **upon completion of the required skills** *and* an **invitation from their coach and program manager**.

Progression is based on:

- Skill development
- Confidence on equipment
- Body awareness and strength
- Focus and listening skills
- Safety and control during movement
- Coach recommendation
- Manager review

We move children up only when they are truly ready so they feel set up for success, not overwhelmed.

How You'll Be Notified

When your child is ready to progress, you'll receive:

1. Email Notification

A personalised email outlining your child's next class option, recommended schedule and steps to enrol.

2. In-Class Certificate of Completion

Your gymnast will receive a special "Fitnastics Progression Certificate" during class to celebrate their achievement.

3. Information Sheet

You'll receive a clear overview of their next class, what it involves, and how it supports their development.

These three touch points ensure the process is smooth, exciting and easy for both gymnast and parent.

Fitnastics Class Flow (Overview)

Here's the general pathway gymnasts follow as they progress:

Beginner Fitnastics

- Builds fundamental skills, shapes, strength and confidence.
- Progression to **Intermediate Fitnastics** once skills are consistently demonstrated.

Intermediate Fitnastics

- Introduces more complex skills, apparatus work and strength progressions.
- Progression to **Advanced Fitnastics** with coach approval.

Advanced Fitnastics

- Strong technical development, deeper conditioning, refined technique.
- Pathways after Advanced:
 - **Competitive Trial Invitation** (if appropriate)

Each step is based on readiness, not age.

Your Role as a Parent

- Encourage consistency in attendance
 - Celebrate small wins
 - Ask coaches if you'd like clarity on your child's progress
 - Support your gymnast's confidence as skills become more challenging
 - Trust the process — progression is individual and never compared child to child
-

Need Help?

If you're unsure which class your child should be in for 2026, just ask at reception or speak to your child's superstar coach.