

It all starts here...

Gymnastics Syllabus Snapshot

PCYC Queensland

Our lifelong gymnastics pathways, delivered by our fully accredited coaches, provide seamless opportunities for you to experience gymnastics at any age and any level.

KinderGym

5 years & under

A movement program for children five and under that introduces basic skills and strength building activities, where interaction between you and your child is a key component.

Gym Sports

All ages

Gym Sports are a wonderful life-long fitness and gymnastics opportunity for all ages and abilities.

No experience required

Parkour (Free G)

Ninja Warrior classes

Seniors movement programs

Adult gymnastics

Tumbling Passed Gym 4

Team Gym Passed Gym 4

Recreational Gymnastics

From 5 years

Inclusive, non-competitive pathway for all ages and abilities, allowing you to advance through our progressive state-wide syllabus at your own pace, with awards at each level.

Prep 1
45mins
5yrs
Passed KinderGym

Prep 2
45-60mins
5yrs
Passed KinderGym

Gym 1
60mins
6-7yrs
Passed KinderGym

Gym 2
60mins
6-8yrs
Passed Gym 1

Gym 3
60mins
7+yrs
Passed Gym 2

Gym 4
60-90mins
7+yrs
Passed Gym 3

Gym 5
60-90mins
7+yrs
Passed Gym 4

Gym 6
90-120mins
All Ages
Passed Gym 5

Gym 7
2 classes x 90-120mins
All Ages
Passed Gym 6

Performance Gymnastics

All ages

Train, perform and compete in the Australian National Levels with our fully qualified and accredited coaches in Women's Artistic Gymnastic (WAG) and Men's Artistic Gymnastics (MAG), as well as Rhythmic Gymnastics, Trampoline Gymnastics, Aerobic and Acrobatic Gymnastics. Our programs are open to all ages and align with Gymnastics Australia National Levels 3 to 10.

PCYC Qld Gym Award Level	Gymnastics AUS National Levels	Must Pass
Gym 6	3	Gym 6
Gym 7	4	Level 3
Gym 8	5	Level 4
Gym 9	6	Level 5
Gym 10	7	Level 6
Gym 11	8	Level 7
Gym 12	9	Level 8
Gym 13	10	Level 9