

RECOMMENDED AGES FOR PUPILS TO PARTICIPATE IN CALISTHENIC SKILLS

The Calisthenic Skills Program is designed for pupils to be examined at two year intervals.

Please be aware that these are recommended ages only (except Grade 4 and Medals) and Coaches should assess the capabilities of their pupils to ensure that they are knowledgeable and well prepared for the Grade Exam before presenting to the Examiner.

Test 1	6 – 7 years
Test 2	7 – 8 years
Test 3	9 – 10 years
Grade 1	10 – 12 years
Grade 2	12 – 14 years
Prep 3	13 – 15 years
Grade 3	14 – 16 years
Grade 4	Must be 15 years by 31/12 of that year
Bronze Medal	Must be 16 years by 31/12 of that year
Silver Medal	Must be 17 years by 31/12 of that year
Gold Medal	Must be 18 years by 31/12 of that year

It is advisable to ensure consistency and good results for all grades that candidates present for all grades regardless of age.

Ensure that all candidates attend a Prep Class first having a working knowledge of the syllabus and that continued training after this class is given by the Coach who is training the pupils, until the date of examination.