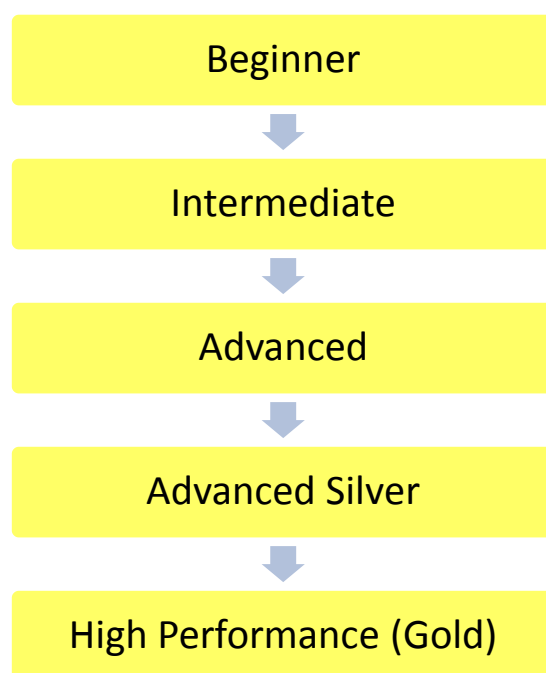


Rhythmic Gymnastics Coaching Pathway

Coaching pathway

There are five levels within the Rhythmic Gymnastics (RG) Coaching Pathway. The pathway caters for all level of coach - a Beginner Coach assisting in the gym through to a high performance coach preparing athletes for elite international competitions such as World Championships and Olympic Games.



What will I learn?

At Beginner level, coaches learn fundamental Gymnastics knowledge which is applicable to all Gymsports. At all other levels coaches develop knowledge across each of the five apparatus within Rhythmic Gymnastics from foundation skills such as freehand scissor leaps through apparatus mastery combining a quadruple fouette with multiple releases.

Further information about course content can be found on the website under [Get Involved » Coaches » Accreditation by levels](#).