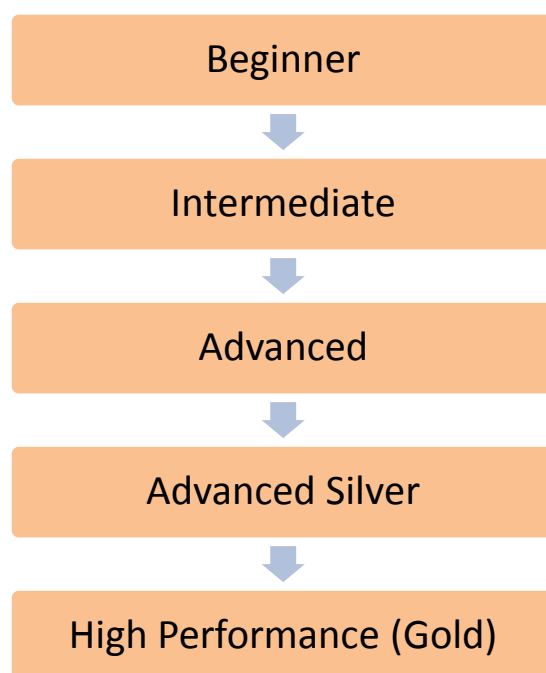


Aerobic Gymnastics Coaching Pathway

Coaching pathway

There are five levels within the Aerobic Gymnastics (AER) 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.



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 Aerobic Gymnastics skills including compulsory and free elements, synchronisation, choreography and musicality.

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