

Stars Gymnastics Training Center

Class Schedule

Classes		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
P R E S C H O O L	Mini Tykes (Parent/Child)		9:15	9:15 5:00			10:00
	Rising Stars (3yr)	5:00	4:00 5:00	10:00 4:00	9:00 5:00	5:00	9:00 11:00
	Mighty & Shining Stars	4:00 5:00 6:00	10:00 4:00 6:00	11:00 4:00 5:00 6:00	10:00 4:00 6:00	4:00 6:00	9:00 10:00 11:00 12:00
G I R L S	Girls 1 (6+)	4:00 5:00 6:00 7:00	4:00 5:00 6:00	5:00 6:00 7:00	5:00 6:00 7:00	4:00 5:00 6:00 7:00	9:00 10:00 11:00 12:00 1:00
	Girls 2 (6+)	4:00 5:00 6:00 7:00	4:00 5:00 6:00 7:00	4:00 5:00 6:00 7:00	4:00 5:00 6:00 7:00	4:00 5:00 7:00	9:00 10:00 11:00 12:00 1:00
	Girls 3 (6+) (85 min.)	7:00	4:00 6:00	6:00	4:00 6:00	6:00	12:00
B O Y S	Boys 1 (6+)	4:00		5:00		4:00	11:00
	Boys 2 (6+)	6:00		6:00			
	Boys 3 (6+) (2hrs.)		5:00 -7:00		5:00 -7:00		
	Ninja (agility) (6+) Coed						1:00
T U M B L I N G	Beg Tumbling	6:00			5:00	5:00	
	Int. Tumbling	5:00	5:00		4:00	6:00	
	Adv. Tumbling (85 min.)	7:00					



Session Tuition: (Session = 4wks)

<p>Once a week per session:</p> <p>45 min class \$87 55 min class \$87 85 min class \$109 120 min class \$147</p>	<p>Twice a week per session:</p> <p>45 min class \$147 55 min class \$147 85 min class \$191</p>	<p>Annual Registration Fee</p> <p>1st Child \$35 Each additional child \$15</p>
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Stars is a continuous enrollment program.



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Class Descriptions:

Preschool

Mini tykes- 12 months - 3 yrs

Parent and child class that focuses on allowing the child to explore fundamental movement and beginning problem solving skills. This class is a co-ed 45 minute class.

Rising Stars- 3-4 yrs old

This co-ed class introduces beginning gymnastics concepts while allowing the child to develop better motor development, listening and problem solving skills. Children MUST be completely potty trained to enroll in this class. 55 minutes

Mighty Stars & Shining Stars- 4-5 yrs

Gymnastic movement is the focus at this age. Students are introduced to skills and body positions that are the foundation of gymnastics. This class is available as a co-ed and separate boys and girls. 55 minutes

School Age

Girls 1 - 6+ yrs

This 55 minute class introduces girls to the foundations of gymnastics on each event and trampoline. Stretching and the importance of conditioning are covered.

Girls 2 - 6+ yrs

After successful completion of Girls 1 students will advance to this 55 minute class. This class builds on concepts previously taught and introduces drills and progressions on each of the events and trampoline.

Girls 3- 6+ yrs

This 85 minute class brings students into more advanced skills in gymnastics on each event and trampoline. Mastery of skills is taught through drills, progressions, strength and flexibility training. Placement in this class is based on coach's recommendation after completion of Girls 1 & 2.

Boys 1- 6+ yrs

A 55 minute class that introduces boys to the foundations of mens gymnastics. Boys will work on strength and coordination on events including parallel bars, mushroom and trampoline.

Boys 2- 6+ yrs

After successful completion of Boys 1 students will advance to this 55 minute class. Focuses on building to more advanced skills on each event through drills and progressions. Boys will also continue to improve their strength, coordination and flexibility.

Boys 3- 6+ yrs

A 2 hr advanced gymnastics class for students who have completed the Boys 1 & 2 classes. Tumbling skills, swinging skills and advanced progressions increasing strength and flexibility are the focus. Placement is based on coach's recommendation.

Ninja- Boys- 6+ * NEW CLASS*

A 55 minute class that will focus on strength, agility and freestyle movement. Students will participate in obstacle courses, rope climbing and polyometric training.

Tumbling

Beginning Tumbling- 6+ yrs

A 55 minute class that introduces the foundation of tumbling through beginning progressions on floor and trampoline. This is a co-ed class.

Intermediate Tumbling- 6+ yrs

Building on skills from Beginning tumbling students will focus on Roundoffs, front and back handsprings with proper form. 55 minutes.

Advanced Tumbling- 6+ yrs

This 85 minute class will focus on achieving tumbling skills in succession while adding salto skills. Students must be able to do front and back handsprings unassisted and round-off back handsprings with minimal spot to enroll.

Stars Class Policies:

Dress Code:

All students must wear proper athletic attire for all classes. Girls - Leotard, Boys- T-shirt & athletic shorts
No bare stomachs, buttons, zippers, socks or jewelry
All students must have hair securely tied back in a ponytail, bun or braid

Safety:

Students MUST be accompanied by a coach on the floor at ALL times.

No parents or spectators are allowed on the gym floor; inside the fenced or roped off area at any time!

Students who arrive more than 20 minutes late **will not** be allowed to join class.

Parents are expected to pick up their child on time. You will be charged a minimum of \$15.00 /hour if your child is left at the gym 15 minutes after class has dismissed.

Behavior:

All students are expected to listen and follow directions at all times during their class to ensure a positive experience for coaches and students. If a child chooses not to follow these expectations uses foul language, engages in fighting, disrupts or is disrespectful to coaches or other students the following will happen:

1st offense: Verbal redirection/warning

2nd offense: Time Out from an activity

3rd offense: Time Out and counseling with parent

4th Offense: Dismissal from class

Make up classes:

For every class missed, one (1) make-up class can be scheduled. Please call the front desk after the class has been missed and within 7 days of the absence to schedule a make up class. Students must be currently enrolled.

Make up classes are subject to availability.

30 Day Drop Notice:

A 30-day written notice is required to drop a gymnast from class. The notice must be received by the 1st class of the session prior to dropping the class. You are responsible for payment for all classes up until your drop date. You are also responsible for full payment for the session if you fail to give notice.

