

# Stars Gymnastics Training Center

## Class Descriptions:

### Preschool

#### **Mini tykes - 12 months to 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 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

#### **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 - ages 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 - ages 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 1-2 ages 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.

### Tumbling

#### **Beginning Tumbling- ages 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- ages 6+ yrs**

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

#### **Advanced Tumbling- ages 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.

