



FIVE STAR

Allstar Cheer and Gymnastics

1405 JAMIKE AVE. #11

ERLANGER, KY. 41018

859-653-6362 (new number)

www.fivestar-gymnastics.com

2025 Effective 9/7

(all classes 60 minutes)

Pre-school classes are geared for young children from 18 mos to 6 yrs. Large mats, soft balls, climbing apparatus, etc. facilitate development of tumbling & balance skills as well as improving motor co-ordination all in an active, fun, safe learning environment.			Girls/Boys Rec Classes involve the use of all gymnastics equipment, bars, beam, vault and some tumbling instruction			TUMBLING	
PRE-SCHOOL			PRE-SCHOOL			INTRO Handstand, Front & Back Roll Bridges, Cartwheels, Round-offs, Backbend	
Mon/Wed/ Thurs 10-11am PRECIOUS TIME 12 Months to Pre-school Parent & Child Interactive			Mon 10am-11am KINDERS 4 - 6 yrs			Tues 5:15pm	
LITTLE TOTS 2 1/2 - 3 yrs			Mon 6-7pm			Wed 5:30pm	
Wed 10am-11am			Tues 6:15-7:15pm			Thurs 5:30pm	
Thurs 10am-11am			Wed 10am-11am Wed 6-7pm			LEVEL 1 Intro Skills plus Working: Intro Skills, Back Bend Kickover Back Walkovers, Front Walkovers	
SUPERTOTS 3 - 4 yrs			Thurs 10am-11am Thurs 6-7pm			Mon 5:00pm	
Tues 5:15-6:15pm			9+ yrs Wed 6:30-7:30pm			Wed 5:30pm	
Wed 10am-11am Wed 6-7pm						Thurs 6:00pm	
Thurs 10am-11am						LEVEL 2 Intro Skills plus back walkover Working: Back handsprings, Front Handsprings	
						Tues 5:15pm	
						Wed 5:30pm	
						Thurs 6:00pm	
						LEVEL 3 & UP Must have All Intro, Level 1 & 2 Working: Tucks & Layouts	
						Tues 6:15pm	

OUR PHILOSOPHY - Gymnastics is one of the most fundamental and exciting of all physical activities. Gymnastics builds physical fitness through strength, body awareness, and co-ordination essential for all other sports and activities.

***See reverse side for Session Dates and Pricing

***We reserve the right to combine classes due to low enrollment.