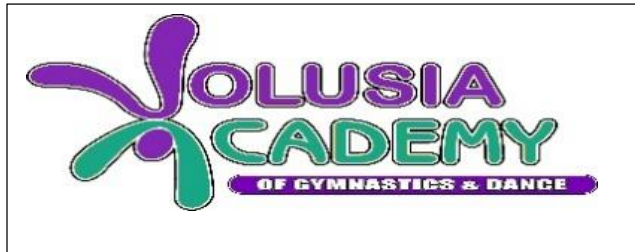


Monday	Tuesday	Wednesday	Thursday	Friday
3p-3:50 Twinkling Stars (3&4 yr olds)	3p-3:50 Rising Stars (5-7 yr olds)	3p-3:50 Shining Stars (8 & up)	3p-3:50 Tumbling-Cheer (10-15 yr olds)	3p-3:50 Rising Stars (5-7yr olds)
3p-4:30 Competitive Lvl 1	3p-4:30 Competitive Lvl 1	4p-4:50 Tumbling (6-10 yr olds)	3p-4:30 Competitive Lvl 1	4p-4:50 Shining Stars (8 & up)
4p-4:50 Rising Stars 5-7 yr olds	4p-4:50 Shining Stars 8 & up	4:30p-7:00 XCEL Team	4p-4:50 Twinkling Stars 3&4 yr olds	4:30p-7:00 XCEL Team
4:30p-7:00 XCEL Team	4:30p-7:00 Competitive Lvl 2	5p-5:50 Twinkling Stars 3&4 yr olds	4:30p-7:00 Competitive Lvl 2/3	4:30p-7:00 Competitive Lvl 2/3
5p-5:50 Shining Stars 8 & up	5p-5:50 Super Stars (Advanced)	6p-6:50 Rising Stars 5-7 yr olds	5p-5:50 Rising Stars 5-7 yr olds	5p-5:50 Super Stars (Advanced)
6p-6:50 Super Stars (Advanced)	6p-6:50 Tumbling-Cheer (10-15 yr olds)		6p-6:50 Shining Stars (8 & up)	6p-6:50 Tumbling (6-10 yr old)



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Create an account on our website so we
 can schedule your child a free trial class.
www.volusiagymnastics.com

386-228-0917

Class Descriptions:

Twinkling Stars: Children will learn the basics of all the gymnastics events including vault, bars, beam and floor with lots of obstacle fun. They will also learn to stand in line, take turns, and play together.

Rising Stars: Children will learn how to follow directions in a fun and structured environment. They will be introduced to more gymnastics basics and exciting fundamental skills on the vault, bars, beam and floor.

Shining Stars: Students will be taught the understanding of the basics on the gymnastics events including vault, bars, beam, floor and will be introduced to or continue to build their basic gymnastics skills. They will learn, handstands, cartwheels, round offs, walkovers and much more.

Tumbling: This class is designed for students only interested in tumbling. This is a great class for students that need to prepare for cheer try-outs or just want to focus on tumbling skills.

Superstars: This class is by invitation only to athletes who are above level but do not want to compete or are not ready for the next level.

Pre-competitive: This class is by invitation only to athletes who show ability to be asked to the Competitive team.

Competitive: This is a challenging program for students that want to train at a competitive level. Our competitive team competes with the USA Gymnastics organization from level 1-10.