



April Newsletter

ATTENTION:

Stars Gymnastics will be closed April 1st & 2nd for our annual Artistic invitational meet. There will be no make up class given. Saturday students will still receive their 4 guaranteed classes.

Easter Fun

From April 10th to the 15th we will be hiding eggs around the gym. Make sure you tell your kids to keep an eye out for them.

If they find an egg they win a special prize!



MY SKIL CHART

Stay up to date with your child's progress!

You can now see what your child need or has accomplished from the comfort of your home.

Coaches will be updating gymnasts skill on MY SKILL CHART; an online program that allows parents/ children to see their progress.

Grab a flyer in the lobby for sign in directions!

myskillchart.com
Where technology meets progress.

Team Try-outs

Stars Gymnastics will be hosting team tryouts in May!

We will be having tryouts for Artistic Pre-team and TeamGym. This is for gymnasts that wish to turn their recreational gymnastics into competitive gymnastics.

If you are interested or on the fence, we will be giving a team tryout prep clinic to help the kids get a jumpstart on the fundamentals of being a competitive gymnast.

Coaches will be handing out Team Tryout Invitations the last week of April.

Please keep an eye out for more information.



CLINICS!!

April 8th
\$15 before/\$20 day of

Tiny but Mighty 1:15-2:00	Ages 3 to 5 years old	Let's get out tiny ones moving and trying new and fun skill progressions!
Forward/Backward Rolls 2:00-3:00	Shooting Stars and up	Forward and backward rolls are a basic progress that have the most impact in a gymnast. They are not only used for progressions to other skills, but safety landings as well.
Cartwheel/Roundoff 2:00-3:00	JR. Gym and up	These skills allow gymnasts to be able to connect to other skills. Having a strong cartwheel and roundoff will allow for power when moving up in levels.
Pull-over/Casting 3:00-4:00	Jr. Gym and up	The pull over requires strength and body awareness. Casting gives the gymnast strength to move up and achieve more difficult skills.
Tryout Prep Clinic 3:00-4:00	Ages 5 and up	Thinking about being a competitive gymnast? We will take the hour to prepare the gymnasts and teach them technique, tight bodies and what it means to be a competitive gymnast.
Back Hip Circle/Sole Circle 3:45-4:45	Level 2 and up	Progressing and confidence building to be able to perform both skills.
Backhandspring 12:30-1:30	Levels 3 and up	This hour clinic will go through all the progressions and strength to accomplish the back handspring.

SUMMER IS COMING!

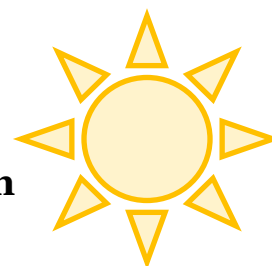
Summer is a great time to keep the kids involved in extracurricular activities and teach healthy habits.

Turn the tv off and get outside!

Enroll in another gymnastics class!

Get a good book!

**Stars Summer Camp Information
will be available soon!**



Ask us about more opportunities to help keep your kids active during their time off!