



## CLASSES & PROGRAMS

### AGE 1-3

#### Shooting Stars (Walking -3 1/2 yrs)



Structured parent participation class that includes music, movement, education and gymnastics. Students participate on all apparatus (uneven bars, balance beam, vault, tumbling & trampoline), learning balance coordination & basic gymnastics skills. These are great classes for bonding with your little ones while watching them grow, learn and gain confidence.

#### Busy Bees -Open Gym

Non-Structured open gym time for parent and child to explore independently throughout the gym. Fun activities, will be set up at each event, giving you plenty to do. Great for bonding, playing, socializing and gaining confidence.



### AGE 3 1/2 - 6

#### Shooting Stars (3-4 yrs)

#### Jr Gym (5-6 yrs)

Students participate in a fun filled class as they learn balance, coordination & basic gymnastics. Age appropriate skills are taught on the bars, balance beam, vault, tumbling and trampoline. A great confidence builder!



A variety of class times are available



### AGE 7-12 (BEGINNER)

#### Level 1 Gymnastics

#### Level 2 Gymnastics



Students will gain balance, coordination & basic gymnastics skills in any of our gymnastics classes. All classes will begin with a 10 minute warm up, before learning on the bars, beam, floor and vault. These classes provide a challenging and rewarding experience for all.

\*Instructor approval required for Level 2 Gymnastics

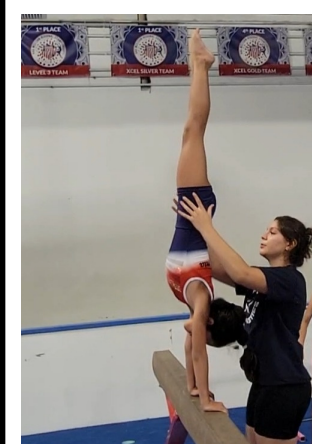
#### Beginner Tumbling

Using the spring floor, tumbling aids and the trampoline, students will gain tumbling skills, tightness and control. Strength & flexibility are also included in each lesson.



### AGE 5 + (INTERMEDIATE & ADVANCED)

#### Level 3 Gymnastics - Level 6 Gymnastics

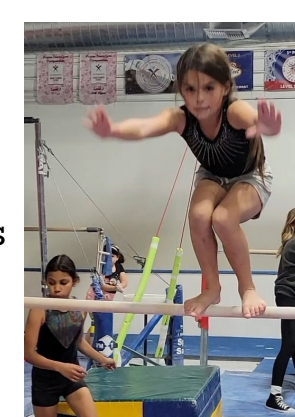


With instructor approval, students will move on to higher level skills on all events and train for greater strength and flexibility as well.

All students are challenged and taught to set reachable goals and work hard to achieve them.



Once students reach Level 4 gymnastics, the classes increase in length to allow additional time to increase strength, form and technique; all of which are necessary to progress in this sport.



## FUN FITNESS

Keeping kids active helps improve their mood, learning, and physical health.

Your kids don't have to be athletes to enjoy the benefits of this class.



The coach is great at finding creative ways to have boys and girls get their exercise, without even realizing it.

They will use the gymnastics apparatus to gain strength and endurance and work up a sweat. Social skills and confidence are also great benefits of this class.



# FREE TRIAL CLASS



## SPECIAL ACTIVITIES

#### Lunch Bunch: Age 5-12

So much Fun!

Pack a lunch and come to Stars for a great time. Gymnastics, Tumbling, Games, Crafts and of course lunch with friends.



#### Sunday Fun-Day

Once a month Stars offers this great event for the kids to participate in a theme oriented day of games, gymnastics, crafts & more.

Bring a friend!

#### Student Showcase

An opportunity for our students to show off their skills, perform for their friends and family. Performing in front of an audience builds confidence and allows the kids to feel pride in themselves & their accomplishments.

