



It's not just Gymnastics, it's Gymtastic!

Bowie

WHAT PROGRAM DO I CHOOSE?

Register at: gosilverstars.com

PROGRAM

Preschool Gymnastics

Gross and fine motor skills to progressive gymnastics. The class curriculums and stimulating instructions are designed to encourage students to explore the exciting and positive elements of fitness, increase concentration and introduce spatial awareness. Emphasis is also placed on developing social, emotional, and physical confidence as children explore a new and dynamic environment in the company of other tots being introduced to the world of gymnastics.

Recreational (primary)

Baby Stars (6-18 months)

Little Stars (1.5-3yrs)

Twinkling Stars (3-4yrs)

Shining Stars (4-5yrs)



PROGRAM

Artistic Gymnastics

Gymnastics skill development in a fun and safe environment. Gymnastics teaches strength, flexibility and coordination that can transfer to many other sports. In addition to gymnastics, we teach children how to set goals, manage their time, be a good sport, and have discipline. We use the newest and most imaginative gymnastics equipment to introduce technical gymnastics training. New skills are introduced through progressions and by using spotting techniques.

Recreational (primary)

Comets (5-6yrs)

Meteors (7+yrs)

Invitational (advanced)

Starbursts I (4-6yrs)

Starbursts II (5-8yrs)

Starbursts III (5-8 yrs)

Team (competitive)

Galaxy Team (7-15yrs)

Xcel Team



PROGRAM

Tumbling & Trampoline

Tumbling and Trampoline classes teach children how to roll, cartwheel and flip, and progress to more difficult skills as they are ready. Time is spent on trampoline, double mini, Tumbl Trak, floor and rope. Children safely learn to jump, tuck, twist and flip using our assorted trampolines. Other pieces of equipment may be introduced into the class such as bars, climbing net and beam to continue building strength, coordination, flexibility and technique.

Recreational (primary)

TNT (6-9yrs)

TNT (10+yrs)

PROGRAM

Back Tumbling

Back tumbling progressions emphasizes developing a strong foundation from a cartwheel all the way to a round-off back handspring layout full. Class requires conditioning, some flexibility and provides the tools to understand how to tumble backwards. Children work on building blocks to achieve all progressions. This co-ed class is grouped by age and is good for the beginner to advanced athlete.

Recreational (primary)

Back Tumbling Progressions Silver (6-9yrs)

Back Tumbling Progressions Gold (8-10yrs)

WE'RE HERE TO HELP!

Contact us for assistance selecting the best program for your gymnast. (301) 352-5777 Bowie