



# Pre-School Classes



**Class overview:** Each week the children learn progressive gymnastics skills on the following: bars, balance beam, floor (tumbling), rope and the trampoline. While learning, the children enjoy celebrating the "theme of the week" such as beach week, Olympic week, circus week, etc. Our program utilizes the newest and most imaginative gymnastics equipment especially designed for the pre-school child. Beyond gymnastics, children practice how to stay in line, take turns and follow instructions from the teacher. Prices based on one class per week.

## Little Stars: 18 months – 3 years

An adult must participate in the class with each child. Little Stars is designed to teach gross motor skills, body awareness, movement and balance in a fun and interactive environment. This is an excellent introduction to the gym environment, motor planning and social skills.

## Twinkling Stars: 3 & 4 year olds

Children take this class on their own. Twinkling Stars is designed to teach body awareness, flexibility, and strength in a fun and interactive environment. Emphasis is placed on motor planning, coordination, balance and social skills.

## Shining Stars: 4 & 5 year olds

Shining Stars is designed to teach body awareness, flexibility and strength in a fun and interactive environment. This class is a wonderful opportunity for your 4-5 year old to enhance self-esteem, self-confidence and the ability to work both independently and with others.

## Sparkling Stars

Gail Trousoff Marks, program director and Debbie Stroupe, teacher, offer classes designed for children with a variety of special needs. Smaller classes are scheduled to allow coaches a more hands-on teaching environment. Sparkling Stars teaches lasting skills that help children reach their potential, triumph over challenges, work with others and achieve individual success.



# Gymnastics & Tumbling Classes 5 years old & up



**Class overview:** Silver Stars Gymnastics provides a program designed to promote age appropriate skill development in the fun and safe environment of our Olympic style gym. Your child will be able to build an athletic foundation for all sports through the strength, flexibility and coordination that only the challenge of gymnastics can offer. As your child progresses, we seek to develop such principles as: goal setting, time management, sportsmanship, dedication and discipline. All of these aspects of learning contribute to a positive self-image and personal success.

Silver Stars Gymnastics utilizes the newest and most imaginative gymnastics equipment to introduce technical gymnastics training. Spotting and safety mats are used to introduce new skills. Beyond gymnastics, children practice how to stay in line, take turns, and follow instructions from the coach. Prices based on one class per week.

## Comets classes – 5 & 6 year olds

Throughout the session the children learn progressive gymnastics skills on all of the four Olympic events: *vault, uneven bars, balance beam, and floor exercise* as well as the trampoline and rope. These classes offer longer rotations on each apparatus and are appropriate for first time students and those moving up from our pre-school classes.

## Fun Fitness (Beginner Boys); Super Novas (Beginner Girls) — ages 7 & up

Introduce your pre-teen to Gymnastics in a fun and safe environment. Learn cartwheel techniques as well as basic skills using our Olympic equipment.

## Boys Tumbling – ages 5 & up

Tumbling classes teach progressive skills on trampoline, double mini, tumble track, floor and rope. The coaches may introduce other pieces of equipment into the class to continue building strength, coordination, flexibility and technique.

## Tumbling & Tramp – ages 6 & up (Co-ed)

Tumbling and Trampoline classes teach boys and girls the skills for handstands, cartwheels, round offs and flipping. After warm-up the students will spend time on trampoline, double mini, tumble trak, floor and rope. We have different trampolines which allow children to safely learn to jump, tuck, twist and flip. The coaches may introduce other pieces of equipment into the class such as bars, climbing net and beam to continue building strength, coordination, flexibility and technique. This co-ed class is grouped by age and is good for the beginner and intermediate athlete.

## Meteors & Asteroids – ages 7 & up

The curriculum is based upon the USA Gymnastics Jr. Olympic guidelines. Throughout the session the children learn progressive gymnastics skills on all of the four Olympic events: *vault, uneven bars, balance beam, and floor exercise* as well as the trampoline and rope.

## Cross Training – ages 7 & up (Bowie ONLY)

Cross Training is geared for students who want to gain strength, flexibility and speed to enhance other sports. Our program incorporates conditioning and mobility to build necessary skills including balance, jumping and flipping. This class is geared toward experienced athletes.

## By Invitation

These classes require a recommendation for sign-up.

**Shooting Stars & Tumbling & Tramp Pre-team:** Shooting Stars or Tumbling and Trampoline Pre-team are the stepping stones for our competitive teams. We require the gymnasts to come two times per week and prepare the skills necessary to be a member of one of our three competitive teams.

**Rising Stars/X-Team: ages 9 Yrs & up:** These are advanced gymnastic classes for those who want to continue an accelerated workout in a non-competitive environment. X-Team is our invitation only exhibition team.