



14201 Woodcliff court
Bowie, MD 20720
(301) 352-5777
bowie@gosilverstars.com

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.

Little Stars (1.5-3yrs)

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. An adult must participate in the class with each child.

Twinkling Stars (3-4yrs)

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 (4-5yrs)

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.

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.

Comets (5-6yrs)

Comets classes offer longer rotations on each Olympic apparatus and are appropriate for first time students and those moving up from our pre-school classes. 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.

Meteors (7+yrs)

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 women's Olympic events: vault, uneven bars, balance beam, and floor exercise as well as the trampoline and rope.

Starbursts I (4-6yrs), Starbursts II (5-8yrs) & Starbursts III (5-8yrs)

Students selected for our pre-team program have shown the physical, mental and emotional readiness expected for competitive team. Class time will be spent on extended warm-up/stretching, beam, bars, vault and floor skills. The focus shifts from general gymnastics participation to the required gymnastics skills expected for our competitive team. Gymnasts are required to commit to attending two times per week.

Galaxy Team (7-15yrs)

The Galaxy Team is designed for gymnasts who desire a more challenging atmosphere than recreational classes but who are not interested in advancing to competitive gymnastics. Team members learn routines on vault, uneven bars, balance beam, and floor exercise and participate in in-house performances. Several levels are offered within our Galaxy Team ranging from beginner to advanced, so gymnasts can stay in this program as they progress.

Xcel Team

Girls' artistic gymnastics team is a fun and challenging place for advanced athletes who have mastered basic gymnastics skills and are looking for a greater challenge. This team competes in the four Olympic events: vault, uneven bars, balance beam, and floor exercise. Team members compete locally and regionally.



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

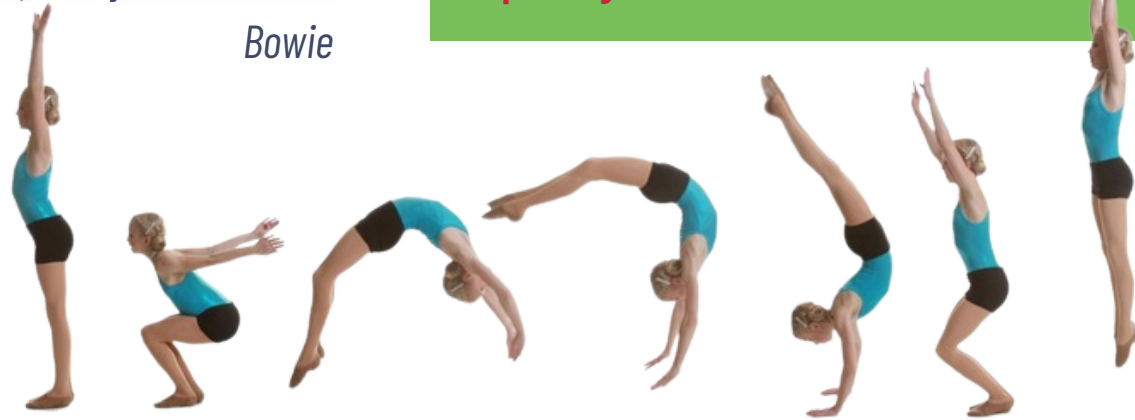
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Bowie



Other Programs

Summer, Winter & Spring Break Camp

No School! Day Camp

Kids' Night Out

Open Gym

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.

TNT (6-9yrs) & TNT (10+yrs)

Tumbling and Trampoline classes teach boys and girls the skills for handstands, cartwheels, round offs and flipping. Children safely learn to jump, tuck, twist and flip using our assorted trampolines. 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, intermediate, and advanced athlete.

Back Tumbling Progression Silver (6-9yrs) & Gold (8-10yrs)

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 base on the following order: Cartwheel, Round off, Round off rebound, Standing back handspring, Round off back handspring, Standing back tuck, Round off back handspring back tuck, Round off back handspring layout, Round off Back handspring layout full. This co-ed class is grouped by age and is good for the beginner to advanced athlete.

WE'RE HERE TO HELP!

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