



# Pre-School Classes

ages 18 months – 5 years

**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, backwards 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: ages 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: ages 3 & 4 years

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: ages 4 & 5 years

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.



# Hold Your Next Birthday Party at SilverStarsGymnastics

It's Not Just Gymnastics, It's Gymtastic!



## 16 children Ages 5 & under

Flip over our specially designed pre-school equipment in our pre-school area. Enjoy 1 hour of fun with your family and friends. After gym fun you and your guests will go to your party table for 30 minutes of refreshments.



## 16 children Ages 5 & over

Your party includes 1 hour of planned activities in the main gym which may include obstacle course, trampoline, rope, and parachute games. You can choose to add the moon bounce to your party. After gym fun you and your guests will go to your party table for 30 minutes of refreshments.



## 26 children Ages 3 & over (Bowie Only\*)

Your party includes 1 hour of planned activities in the gym which may include obstacle course, trampoline, rope, and parachute games. You can choose to add the moon bounce to your party. After gym fun you and your guests will go to your party table for 30 minutes of refreshments.

*\*Limited times available at Silver Spring location. Must call to book, 301-589-0938*

