



*Silver Spring*

2701 Pittman Drive  
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## 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 (7-10yrs) & Asteroids (10-14yrs)**

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.

### **Shooting Stars (4-6yrs) & Bursting Stars (7-15yrs)**

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.



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## Ninja Training & Fitness

Ninja and Fun Fitness classes combine the fundamentals learned in gymnastics, martial arts and obstacle course training to improve coordination, build strength and endurance, and improve agility. Both class curriculums are designed to keep kids moving and having fun while building their confidence to take on new challenges. Beyond the physical benefits, students learn life skills they will carry with them outside of the gym. Students will learn to channel energy in a positive direction, set and manage goals, conduct impulse control and develop self-discipline.

### **Ninja Stars (5-7yrs) & Ninja Stars (8-10yrs)**

NINJA Stars! is based on the Ninja Warrior craze! Your student will learn how to build up their strength and endurance so that they can do a variety of obstacle courses. This one hour class is designed to keep kids moving and doing awesome stunts!

### **Fun Fitness (7-10yrs)**

Fun Fitness is a general physical education class that incorporates strength and flexibility to teach a variety of physical activities to challenge children. This is not a gymnastics class, but a fun way for kids to stay active.

## 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 (5-6yrs), TNT (7-10yrs) & TNT (11+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.

### **TNT PreTeam**

Tumbling and Trampoline Pre-team is the stepping stone to our USAG T'nT program. We require the gymnasts to attend two times per week year round and prepare the skills necessary for competition. Participation on our competitive team will require a 2-3 day per week year round commitment based on level.

### **TNT Team**

The Tumbling and Trampoline (TNT) Team is the perfect fit for advanced athletes who have progressed through basic tumbling and trampoline classes and are looking for greater challenges to advance their skills. This team competes in three events: rod floor tumbling, trampoline, and double mini trampoline. Team members compete locally, regionally, and nationally. Silver Stars TNT gymnasts compete in levels 4 through 10 and elite.

**WE'RE HERE TO HELP!**

Contact us for assistance selecting the best program for your gymnast. (301) 589-0938 Silver Spring