



2020 CLASS SCHEDULE

Session 1 (6 weeks): Sept 9 - Oct 20 • Session 2 (6 weeks): Oct 21 - Dec 5
 no classes Nov 25-28 or Dec 24-30

Register at: gosilverstars.com

Gymnastics Classes – Students learn progressively harder skills on bars, balance beam, tumbling, and trampoline. In addition to stretching, climbing, swinging, rolling, and jumping, Little and Twinkling Stars practice turn-taking, listening, focus, and persistence in our preschool gym. **Comets** and **Meteors** learn skills and drills on the artistic gymnastics apparatus: Vault, Bars, Balance Beam, and Floor Exercise. Students may use additional equipment such as trampolines, but these are not the focus of the class. These recreational classes are age-based, and students follow lesson plans according to their skill level. Beginners are welcome at any time. Every class will include strength and stretching.

CLASS/AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
45m Little Stars 18 mo–3 yrs with an adult caregiver \$150		4:15		5:10		10:00 12:00
45m Twinkling Stars 3–4 yrs \$150		4:30 5:10 7:00	3:15 4:15	4:30 6:05	4:30	9:10 11:00
60m Comets 5–6 yrs \$170	4:30	3:00 5:15 6:00	4:00 5:00 6:00	4:30	4:00 4:30 6:45	10:00 11:00 12:00
75m Meteors 7+ yrs \$190	5:45 7:00	3:15 7:00	5:45 7:00	7:00	5:00 7:00	9:30 10:45

Tumbling and Trampoline – These classes focus on the TNT events: trampoline, double-mini trampoline, and tumbling. Students spend most of their class time in our trampoline area and tumbling on the spring and rod floors. Other equipment may be used for drills or strength training. These recreational classes are age-based, and students work according to their skill level. Beginners are welcome at any time. Every class will include strength and stretching.

By Invitation Only - These developmental teams require twice per week practice and approval by the head coach of the program before joining. The **Starbursts** program is geared toward building the strength and flexibility required for a competitive program. The Galaxy Team is a non-competitive program where students learn and perform routines on all four apparatus.

CLASS/AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
60m Co-Ed TNT 6–9 yrs \$170	4:30		5:00			
90m Co-Ed TNT 10+ yrs \$195	6:30					
60m x2 Starbursts II 5–6 yrs \$290		5:30		5:30		
60m x2 Starbursts III 5–6 yrs \$290	5:30				5:30	
90m x2 Galaxy Team 7+ yrs \$285	7:00		7:00			12:00
60m Back Tumbling Progressions \$170	4:00 (6-9 yrs)		7:00 (10-14 yrs)		5:30 (6-9 yrs)	