

## 2021-22 CLASS SCHEDULE

Session 1 (8 weeks): Sept 8 - Nov 2 • Session 2 (8 weeks): Nov 3 - Jan 8

no classes Nov 24-27 or Dec 24 - Jan 1 (S2 Fri & Sat classes rec. extra makeup class)

Register at: [gosilverstars.com](http://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
<b>45<sub>m</sub></b> <b>Baby Stars</b> 6-18 months with an adult <b>\$215</b>						9:00
<b>45<sub>m</sub></b> <b>Little Stars</b> 18 mo-3 yrs with an adult <b>\$215</b>		3:30	4:15			8:15
<b>45<sub>m</sub></b> <b>Twinkling Stars</b> 3-4 yrs <b>\$215</b>		5:00	3:30	5:00	4:00	10:00 10:45
<b>60<sub>m</sub></b> <b>Comets</b> 5-6 yrs <b>\$240</b>	4:00 5:00 6:00	4:15 6:15 7:00		4:00 5:00 7:00	5:45	10:00 11:30
<b>75<sub>m</sub></b> <b>Meteors</b> 7+yrs <b>\$265</b>	6:00 7:15	7:00	4:30 5:45	7:00	4:30 5:00 6:15	11:15

**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
<b>60<sub>m</sub></b> <b>Co-Ed TNT</b> 6-9yrs <b>\$240</b>						
<b>90<sub>m</sub></b> <b>Co-Ed TNT</b> 10+ yrs <b>\$275</b>						
<b>90<sub>m</sub> x2</b> <b>Starbursts II</b> 5-6yrs <b>\$410</b>		5:30		5:30		
<b>90<sub>m</sub> x2</b> <b>Starbursts III</b> 5-6yrs <b>\$410</b>						
<b>90<sub>m</sub> x2</b> <b>Galaxy Team</b> 7+ yrs <b>\$410</b>			7:00		7:00	
<b>60<sub>m</sub></b> <b>Back Tumbling Progressions</b> <b>\$240</b>	5:00 (10-14 yrs) 7:15 (10-14 yrs)	5:15 (6-9 yrs) 7:15 (6-9 yrs)		6:00 (10-14 yrs) 7:00 (6-9 yrs)		

**Private Classes** – For those of you not ready to return to a group setting just yet, we now have Private Classes available. Preschool classes include up to 6 friends while gymnastics & tumbling classes include up to 8 friends. The choice is yours to learn one-on-one or with your pod.

**45<sub>m</sub> Preschool Private Classes**  
as low as \$215 per student

**60<sub>m</sub> Gymnastics & TNT Private Classes**  
as low as \$240 per student

call for availability