



2022-23 CLASS SCHEDULE

Session 1 (8 weeks): Sept 7 - Nov 1 • Session 2 (8 weeks): Nov 2 - Jan 7

no classes Nov 23-26 or Dec 24 - Jan 1 (S2 Sat classes receive extra makeup class)

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 Baby Stars 6-18 months with an adult \$235		3-3:45			3-3:45	
45m Little Stars 18mos-3yrs with an adult \$235		4-4:45	4:15-5 7-7:45	3:30-4:15 7-7:45	4-4:45 5:50-6:35 6:45-7:30	9:05-9:50 10:05-10:50 11:05-11:50 12:05-12:50
45m Twinkling Stars 3-4 yrs \$235	4:45-5:30	4:45-5:30	3:30-4:15 4:15-5 5:05-5:50 6:05-6:50	4:15-5 5:15-6	4-4:45	9:05-9:50 10:05-10:50 11:05-11:50 12:05-12:50
45m Shining Stars 4-5 yrs \$235		4-4:45 7-7:45	4:15-5 5:05-5:50	5:15-6 6:15-7	4:50-5:35	9:05-9:50 10:05-10:50 11:05-11:50 12:05-12:50
60m Comets 5-6 yrs \$260	4:15-5:15 6:30-7:30	4:45-5:45 5:45-6:45	5-6	4-5 5-6 6-7	4:45-5:45 5:45-6:45	9-10 10-11 11-12 12-1
75m Meteors 7-11yrs \$280	5:15-6:30 6:30-7:45	5:45-7	6-7:15	7-8:15	4:30-5:45 5:45-7 7-8:15	9-10:15 10:15-11:30 11:30-12:45
75m Asteroids 11+yrs \$280		7-8:15		7-8:15		

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.

45m Preschool Private Classes
as low as \$235 per student

60m Gymnastics & TNT Private Classes
as low as \$260 per student

call for availability

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 Starbursts I 4-6yrs \$260						
90m x2 Shooting Stars 5-7yrs \$440		5:30-7		5:30-7		
90m x2 Galaxy Prep 7+ yrs \$440						
90m x2 Galaxy Team 7+ yrs \$440			6-7:30		7-8:30	
60m Back Tumbling Progressions Silver 6-9 yrs \$260		7-8		7-8		
60m Back Progressions Gold 10-14 yrs \$260	5:30-6:30		7:15-8:15	6-7		