

Preschool Gymnastics — Toddlers and preschoolers learn progressively harder skills on bars, balance beam, tumbling, and trampoline. In addition to stretching, climbing, swinging, rolling, and jumping, children practice turn-taking, listening, focus, and persistence. Our preschool gym has equipment just the right size for Little and Twinkling Stars, while Shining Stars spend a little more time on the big kids' side of the gym. During quieter times, Twinkling and Shining Stars classes may be combined.

CLASS/AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY	SUNDAY
45m Little Stars 18 mo—3 yrs with an adult caregiver \$250	1:15-2 2:15-3 4:40-5:25	1:15-2 2:15-3	2:15-3 5:45-6:30	2:15-3 4:40-5:25	1:15-2 4:40-5:25	8:15-9 12:15-1	
45m Twinkling Stars 3—4 yrs \$250							
45m Shining Stars 4—5 yrs \$250	1:15-2 2:15-3	1:15-2 2:15-3 4:40-5:25 5:45-6:30	1:15-2 4:40-5:25	1:15-2 4:40-5:25 5:45-6:30	2:15-3 4:40-5:25	9:15-10 10:15-11 11:15-12	

Ninja Stars — These 60-minute classes are for high energy kids who want to be ninja warriors. They use every piece of equipment in the gym in creative and challenging ways, and every class will include training on our ever-changing ninja training course.

CLASS/AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY	SUNDAY
60m Ninja Stars 5—7 yrs \$290		4:30-5:30		4:30-5:30		12-1	
60m Ninja Stars 8—10 yrs \$290			4:30-5:30				

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.

CLASS/AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY	SUNDAY
60m Co-Ed TNT 5—6 yrs \$290		4:30-5:30		4:30-5:30		10:45-11:45	
60m Co-Ed TNT 7—10 yrs \$290			4:30-5:30		4:30-5:30	9:30-10:30 12-1	
60m Co-Ed TNT 11—17 yrs \$205		5:45-6:45		5:45-6:45		10:45-11:45	
60m Fun Fitness 7-10 yrs \$290		4:30-5:30		4:30-5:30			

2020 CLASS SCHEDULE

Session 1 (8 weeks): Sept 9 - Nov 3 • Session 2 (8 weeks): Nov 4 - Jan 9
no classes Nov 25-28 or Dec 24-30

Register at: gosilverstars.com

Artistic Gymnastics — Comets, Meteors, and Asteroids learn skills and drills on the artistic gymnastics apparatus: Vault, Bars, Balance Beam, and Floor Exercise. Students may use additional equipment such as trampolines or ninja course, 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	SUNDAY
60 _m Comets 5–6 yrs \$290	4:30-5:30 5:45-6:45	4:30-5:30 5:45-6:45	4:30-5:30 5:45-6:45	4:30-5:30 5:45-6:45	4:30-5:30	8:15-9:15 9:30-10:30 10:45-11:45 12-1	
60 _m Meteors 7–10 yrs \$290	4:30-5:30	4:30-5:30 5:45-6:45 7-8	4:30-5:30 5:45-6:45	4:30-5:30 5:45-6:45	4:30-5:30 5:45-6:45	8:15-9:15 10:45-11:45 12-1	
60 _m Asteroids 10–14 yrs \$290	5:45-6:45			7-8		9:30-10:30	

Twice per week — These non-competitive, developmental teams require twice per week practice and approval by the head coach of the program before joining. **Shooting Stars** is geared toward building the strength and flexibility required for a competitive program. The **Galaxy Team** learns and performs routines on all four apparatus, and those who reach the highest level of the **Galaxy** program are the equivalent of a USAG Level 5 Gymnast.

CLASS/AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY	SUNDAY
90 _m x2 Shooting Stars 4–7 yrs \$495	5:15-6:45		5:15-6:45			8:15-9:45	
90 _m x2 Galaxy Prep 7 yrs & up \$495		7-8:30		7-8:30		10-11:30	
90 _m x2 Galaxy Silver 7 yrs & up \$495	7-8:30		7-8:30			12-1:30	
120 _m x2 Galaxy Gold 7 yrs & up \$560	7-9		7-9				

* Friday students receive an additional Makeup Class