

**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
<b>45m</b> Little Stars 18 mo—3 yrs with an adult caregiver \$260	1:10-1:55 2:05-2:50 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	2:05-2:50 3:30-4:15	8:15-9 11:15-12 12:15-1	9-9:45 9:55-10:40 10:50-11:35
<b>45m</b> Twinkling Stars 3—4 yrs \$260	1:10-1:55 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20	8:15-9 9:15-10 10:15-11 11:15-12 12:15-1	9-9:45 9:55-10:40 10:50-11:35
<b>45m</b> Shining Stars 4—5 yrs \$260	2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 2:05-2:50 3:30-4:15 4:35-5:20 5:25-6:10	1:10-1:55 3:30-4:15 4:35-5:20	8:15-9 9:15-10 10:15-11 11:15-12 12:15-1	9-9:45 9:55-10:40 10:50-11:35

**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
<b>60m</b> Ninja Stars 5—7 yrs \$300		4:30-5:30		4:30-5:30	5:35-6:35	11:40-12:40	
<b>60m</b> Ninja Stars 8—10 yrs \$300	4:30-5:30		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
<b>60m</b> Co-Ed TNT 5—6 yrs \$300		4:30-5:30	4:30-5:30	4:30-5:30		9-10	
<b>75m</b> Co-Ed TNT 7—10 yrs \$320		5:35-6:50	5:35-6:50	5:35-6:50		10:05-11:20	
<b>90m</b> Co-Ed TNT 11—17 yrs \$345		6:55-8:25		6:55-8:25		11:25-12:55	
<b>60m</b> Fun Fitness 7-10 yrs \$300	4:30-5:30		4:30-5:30		4:30-5:30		

Register at: [gosilverstars.com](http://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
<b>60m</b> Comets 5–6 yrs \$300	3:45-4:45 4:30-5:30 5:35-6:35	3:45-4:45 4:30-5:30 5:35-6:35	3:45-4:45 4:30-5:30 5:35-6:35	3:45-4:45 4:30-5:30 5:35-6:35	3:30-4:30 4:30-5:30 5:35-6:35	8:15-9:15 8:45-9:45 9:20-10:20 9:50-10:50 10:25-11:25 10:55-11:55 11:30-12:30 12-1	8:45-9:45 9:50-10:50 10:55-11:55
<b>75m</b> Meteors 7–10 yrs \$320	4:30-5:45 5:50-7:05	4:30-5:45 5:50-7:05 7:10-8:25	4:30-5:45 5:50-7:05	4:30-5:45 5:50-7:05 7:10-8:25	4:30-5:45 5:50-7:05	8:15-9:30 8:45-10 9:35-10:50 10:55-12:10	8:45-10 10:05-11:20
<b>90m</b> Asteroids 10–14 yrs \$345	7:10-8:40		7:10-8:40			10:05-11:35	

**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
<b>90m x2</b> Shooting Stars 4–7 yrs \$520	5-6:30		5-6:30	5-6:30		8:15-9:45	
<b>90m x2</b> Bursting Stars 7 yrs & up \$520	5-6:30	5-6:30 6:35-8:05	5-6:30 6:35-8:05	5-6:30		9:50-10:20	
<b>120m x2</b> Galaxy Silver 7 yrs & up \$580	6:35-8:35	6:35-8:35	6:35-8:35	6:35-8:35		11:30-1:30	
<b>120m x2</b> Galaxy Gold 7 yrs & up \$580	6:35-8:35	6:35-8:35	6:35-8:35	6:35-8:35		11:30-1:30	

**Private Classes** — For those of you not ready to return to a group setting just yet, we have the solution for you! We now have Private Classes available. These classes are designed to teach body awareness, flexibility, strength and gymnastics skills in a fun and interactive environment exclusive to an individual or small group of friends (preschool classes include up to 6 friends while gymnastics & tumbling classes include up to 8 friends). This class is a wonderful opportunity for your child to enhance self-esteem and self-confidence. The choice is yours to learn one-on-one or with your pod.

CLASS/AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>45m</b> Preschool as low as \$260							
<b>60m</b> Gymnastics & TNT as low as \$300							

Call for Availability