

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 \$185 | 3:30 4:20 5:10 | 10:15 2:00 4:20 5:10 | 10:15 4:20 | 10:15 1:10 4:20 5:10 | 10:15 11:05 1:10 | 8:15 12:10 1:10 | 9:00 9:55 10:50 |
| 45m Twinkling Stars 3—4 yrs \$185 | 1:10 2:00 3:30 4:20 5:10 6:00 | 10:15 11:05 1:10 2:00 3:30 4:20 5:10 6:00 | 10:15 11:05 1:10 2:00 3:30 4:20 5:10 6:00 | 10:15 11:05 1:10 2:00 3:30 4:20 5:10 6:00 | 10:15 11:05 1:10 2:00 3:30 4:20 5:10 | 8:15 9:10 10:10 11:10 12:10 1:10 | 9:00 9:55 10:50 |
| 45m Shining Stars 4—5 yrs \$185 | 1:10 2:00 3:30 4:20 5:10 6:00 | 10:15 11:05 1:10 2:00 3:30 4:20 5:10 6:00 | 10:15 11:05 1:10 2:00 3:30 4:20 5:10 6:00 | 10:15 11:05 1:10 2:00 3:30 4:20 5:10 6:00 | 10:15 11:05 1:10 2:00 3:30 4:20 5:10 | 8:15 9:10 10:10 11:10 12:10 1:10 | 9:00 9:55 10:50 |

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 \$210 | | 4:10 | | 4:10 | 4:10 | 11:40 | |
| 60m Ninja Stars 8—10 yrs \$210 | | | 4:10 | | | | |

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 \$210 | | 4:10 | 4:10 | 4:10 | 4:10 | 9:00 10:05 | |
| 60m Co-Ed TNT 7—10 yrs \$210 | | 5:20 | 5:20 | 5:20 | | 9:30 10:35 | 11:10 |
| 90m Co-Ed TNT 11—17 yrs \$245 | 7:15 | | | 6:30 | | 11:10 | |

2020 CLASS SCHEDULE

Session 5 (6 weeks): March 19 - May 6 • Session 6 (6 weeks): May 7 - June 17
no classes April 6 - 12

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 |
|---|------------------------------|----------------------|--------------------------------------|--------------|----------------------|--|------------------------|
| 60m Comets 5–6 yrs \$210 | 4:15 5:20 4:50 6:00 | 4:15 4:50 5:55 | 3:45 4:15 4:50 5:30 5:55 | 4:15 5:55 | 4:15 4:50 5:20 | 8:15 10:20 8:45 10:55 9:15 11:25 9:50 12:00 | 9:00 10:05 11:10 |
| 75m Meteors 7–10 yrs \$225 | 4:15 4:45 6:05 6:55 | 4:15 4:45 6:05 | 4:15 4:45 6:05 6:55 | 4:15 4:45 | 4:15 6:05 | 8:45 9:30 10:05 10:50 12:10 | 9:15 10:45 |
| 90m Asteroids 10–14 yrs \$245 | 5:45 | 6:50 | 6:50 | | | 8:45 | |
| 60m Estrella 5–6 yrs \$210 | | 6:00 | | | 5:00 | | |

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. The **Moon Beams** (Team) and **Aurora** (pre-team) are our rhythmic gymnastics program, where gymnasts practice hoop, ribbon, rope, and ball, while tumbling and doing classical ballet.

| CLASS/AGES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--------|--------------|--------------|--------------|--------|----------|--------|
| 90m Shooting Stars 4–7 yrs \$365 | 5:30 | 5:30 | 5:30 | 5:30 | | 9:00 | |
| 90m Galaxy Prep 7 yrs & up \$365 | 7:00 | 7:00 | 7:00 | 7:00 | 7:00 | 10:35 | 12:00 |
| 90m Galaxy Silver 7 yrs & up \$365 | 5:15 | 5:15 7:00 | 5:15 7:00 | 5:15 7:00 | 5:15 | 10:35 | |
| 120m Galaxy Gold 7 yrs & up \$410 | 6:45 | 6:45 | 6:45 | 6:45 | | 12:10 | |
| 120m Moon Beams 7 yrs & up \$410 | | | | 5:15 | 6:00 | | 1:30 |
| 90m Aurora 7 yrs & up \$365 | | 4:30 | 6:00 | | | | 5:00 |

DAY CAMPS AVAILABLE WHENEVER SCHOOL IS OUT! REGISTER ONLINE UNDER "CAMP"