

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 \$220		4:30-5:15 5:20-6:05	4:30-5:15 5:20-6:05	4:30-5:15 5:20-6:05			9-9:45 9:55-10:40 10:50-11:35
45m Twinkling Stars 3—4 yrs \$220		4:30-5:15 5:20-6:05	4:30-5:15 5:20-6:05	4:30-5:15 5:20-6:05			9-9:45 9:55-10:40 10:50-11:35
45m Shining Stars 4—5 yrs \$220		4:30-5:15 5:20-6:05	4:30-5:15 5:20-6:05	4:30-5:15 5:20-6:05			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
60m Ninja Stars 5—7 yrs \$225			Unavailable during Summer				
60m Ninja Stars 8—10 yrs \$225							

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—9 yrs \$255	4:30-5:30						
60m Co-Ed TNT 10+ yrs \$255	4:30-5:30						
60m Co-Ed TNT 11—17 yrs \$255			Unavailable during Summer				
60m Fun Fitness 7-10 yrs \$255			Unavailable during Summer				

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 \$255	4:30-5:30	4:30-5:30	4:30-5:30	5:35-6:35			8:45-9:45 10:55-11:55
60 _m Meteors 7–10 yrs \$255	4:30-5:30	5:35-6:35		4:30-5:30			9:50-10:50
60 _m Asteroids 10–14 yrs \$255			5:35-6:35				

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** and **Bursting Stars** are 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 4–6 yrs \$435		4:30-6		4:30-6			
90 _m x2 Bursting Stars 7 yrs & up \$435	5:35-7:05		5:35-7:05				
90 _m x2 Galaxy Silver 7 yrs & up \$435		6:05-7:35		6:05-7:35			
120 _m x2 Galaxy Gold 7 yrs & up \$490			Unavailable during Summer				

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
45 _m Preschool as low as \$220			Call for Availability				
60 _m Gymnastics & TNT as low as \$255							