



It's not just Gymnastics, it's Gymtastic!

*Silver Spring*

# WHAT PROGRAM DO I CHOOSE?

Register at: [gosilverstars.com](http://gosilverstars.com)



PROGRAM

## Preschool Gymnastics

Gross and fine motor skills to progressive gymnastics. The class curriculums and stimulating instructions are designed to encourage students to explore the exciting and positive elements of fitness, increase concentration and introduce spatial awareness. Emphasis is also placed on developing social, emotional, and physical confidence as children explore a new and dynamic environment in the company of other tots being introduced to the world of gymnastics.

## Recreational (primary)

- Baby Stars (6-18 months)**
- Little Stars (1.5-3yrs)**
- Twinkling Stars (3-4yrs)**
- Shining Stars (4-5yrs)**

PROGRAM

## Artistic Gymnastics

Gymnastics skill development in a fun and safe environment. Gymnastics teaches strength, flexibility and coordination that can transfer to many other sports. In addition to gymnastics, we teach children how to set goals, manage their time, be a good sport, and have discipline. We use the newest and most imaginative gymnastics equipment to introduce technical gymnastics training. New skills are introduced through progressions and by using spotting techniques.

## Recreational (primary)

- Comets (5-6yrs)**
- Meteors (7-10yrs)**
- Asteroids (10-14yrs)**

## Invitational (advanced)

- Shooting Stars (4-6yrs)**
- Bursting Stars (7-15yrs)**

## Team (competitive)

- Galaxy Team (7-15yrs)**
- Xcel Team**

PROGRAM

## Tumbling & Trampoline

Tumbling and Trampoline classes teach children how to roll, cartwheel and flip, and progress to more difficult skills as they are ready. Time is spent on trampoline, double mini, Tumbl Trak, floor and rope. Children safely learn to jump, tuck, twist and flip using our assorted trampolines. Other pieces of equipment may be introduced into the class such as bars, climbing net and beam to continue building strength, coordination, flexibility and technique.

## Recreational (primary)

- TNT (5-6yrs)**
- TNT (7-10yrs)**
- TNT (11+yrs)**

## Invitational (advanced)

- TNT PreTeam**

## Team (competitive)

- TNT Team**

PROGRAM

## Ninja Training & Fitness

Classes combine fundamentals learned in gymnastics, martial arts and obstacle course training to improve coordination, build strength and endurance, and improve agility. Curriculums are designed to keep kids moving and having fun while building their confidence. Beyond the physical benefits, students learn life skills they will carry with them outside of the gym. Students will learn to channel energy in a positive direction, set and manage goals, conduct impulse control and develop self-discipline.

## Recreational (primary)

- Ninja Stars (5-7yrs)**
- Ninja Stars (8-10yrs)**
- Fun Fitness (7-10yrs)**

**WE'RE HERE TO HELP!**  
Contact us for assistance selecting the best program for your gymnast. (301) 589-0938 Silver Spring