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| Gymnastics Schedule Starting  **August 2021**   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Session** | Monday | Tuesday | Wednesday | Thursday | Friday | | Future Gym Stars $25 |  |  | 5:00pm -5:30pm |  |  | | Mini Gym Stars $25 | 5:00pm – 5:30pm |  | 5:00pm-5:45pm |  |  | | Gym Stars $30 | 5:00pm – 5:45pm |  |  | 5:00pm – 5:45pm |  | | Beginners $30 |  | 5:00pm – 5:55pm | 5:00 pm – 5:50pm |  |  | | Tumbling $30 |  |  | 6:00pm – 6:50pm |  |  | | Advanced $30 |  |  | 6:25pm – 7:15pm |  |  |   Gymnastics Class Descriptions    Future Gym Stars – 18 months to 3 years of age, working on gross motor skills, must be accompanied by a parent. May move up to Mini Gym Stars when parent and student are ready.  Mini Gym Stars – 3 years to 4 years of age, will learn the basic gymnastics skills, listening skills, and gross motor skills. May move up to Gym Stars upon coach’s suggestion.  Gym Stars – 3 years to 4 years of age, concentrates on two events a week. More focus on gymnastics skills, technique, and listening skills. May move up to Super Gym Stars upon coach’s suggestion.  Tumbling – 4 years to 18 years of age, student will learn basic tumbling skills and progress as the session continues.  Beginners – Minimum of 5 years of age, students will learn basic gymnastics skills and terms, develop core strength, and become familiar with the four gymnastics events.  Advanced – Minimum of 5 years of age. This class will follow the Level 2 USAG guidelines. Higher-level intensity as well as gymnastics skills.  Update 7/29/2021 |