|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   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 |