



# 2009-2010 SCHOOL YEAR SCHEDULE

## **PRESCHOOL PROGRAM**

**(LS) Little Stars-** This is a parent-child class, for children ages 18 months-3 years, which is structured play, focusing on the child's motor skills.

**(MS) Mighty Stars-** An evening class designed for 3 & 4 year olds, teaching age appropriate gymnastics, motor skills and listening skills.

(Must be potty trained to participate in this class.)

**(PRE) Preschool-** Morning and afternoon preschool gymnastics classes for children ages 3-5 years. Teaching age appropriate gymnastics, motor skills and listening skills. (Must be potty trained to participate)

## **SCHOOL AGE PROGRAM**

**(RS) Red Stars-** An evening class for 5 year old boys and girls, designed to prepare children to transfer into a White Stars or Boys class by the age of 6. Teaches basics skills and rules on the "bigger" gymnastics equipment.

## **For children ages 6 years & up:**

**(WS) White Stars:** An introductory class teaching girl's USAG Level 1 gymnastics skills.

**(BS) Blue Stars:** For girls who have mastered the White Star skills, teaching girl's USAG Level 1 & 2 gymnastics skills.

**(SS) Silver Stars:** For girls who have mastered the Blue Star skills, teaching girl's USAG Level 2 gymnastics skills.

**(GS) Gold Stars:** For girls who have mastered the Silver Star skills, teaching girl's USAG Level 3 gymnastics skills.

**(10+) 10+ Class:** A class for girls ages 10 and up. This class focuses on both beginner and advanced gymnastics skills.

**(BOYS) Boys Class-** A class for boys teaching basic boys gymnastics skills and conditioning.

## **SPECIAL NEEDS PROGRAM:**

**(Sup St 1) Super Stars 1-** A class designed for preschool age children with special needs using gymnastics to teach basic motor skills, body & spatial awareness and a positive self esteem. This class has a low student to teacher ratio (3:1).

**(Sup St 2) Super Stars 2-** A class designed for school age children with special needs using gymnastics to teach basic motor skills, body & spatial awareness and a positive self esteem. This class has a low student to teacher ratio (3:1).

## **TRAMP & TUMBLING PROGRAM (1<sup>st</sup> grade & up)**

**(T&T) Tramp & Tumble-** An introductory class, which uses the trampoline, tumble trak, rod floor and spring floor to teach basic tramp and tumble skills.

**(T&T2) Tramp & Tumble 2-** A class for children who a back handspring on floor, which use the trampoline, tumble trak, rod floor and spring floor to teach advanced tramp and tumble skills.

**CLASS RATIOS:** 6:1 PRE, MS 8:1 RS, WS, BS, BOYS, 10+, TT 10:1 LS, TT2, SS, GS  
**CLASS LENGTH:** ALL CLASS ARE 55 MINUTES, EXCEPT SS, & GS ARE 1 HR 25 MIN.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00					LS, PRE
9:30		LS, PRE			
10:00					BS
10:30					
11:00		PRE			WS
11:30					
12:30		PRE			
1:30	PRE		PRE	PRE	
2:30			PRE	PRE	
3:30			MS, WS		
4:00	MS, RS, WS, BS			MS, RS, WS, BS	
4:30		MS, RS, WS, BS, BOYS	MS, RS, WS, BS, SS		
5:00	RS, WS, BS, SS			RS, BS	
5:30		WS, BS	MS, RS, WS		
6:00	RS, BS		BS	SS	
6:30	GS	GS	TT, BS		
7:00	BOYS, 10+, TT2				