Preschool Classes

Twinkling Stars (Ages 3 & Under)
This is a parent participation class for our youngest gymnasts who are walking and ready to learn and explore. Parents will help their little gymnast walk, jump, roll, hang, swing and climb under the supervision of an instructor. This class promotes coordination as well as supports the development of sensory motor skills. This class is a great precursor to our Mini Stars class. Each child needs an adult to accompany them to every class. (45min)

Mini Stars (Ages 3-4 ½)
Our Mini Stars class is a 45 minute co-ed introductory gymnastics class designed for children who are able to enjoy the independence of learning gymnastics skills under the direction of a certified instructor. Equipment is selected and modified to meet the needs your gymnast. All equipment is scaled down to size, which allows them to climb, swing, balance, and roll. This class promotes the development of sensory motor skills, increases body awareness, and improves listening skills and enhances group interactions. These classes provide instruction on all the gymnastic events (vault, bars, beam, floor and tumble track). (45 Min)

Starbursts (Ages 4 ½ -5)
Our Starbursts class is open to girls & boys. This class works towards preparing gymnasts for our Jr. Bronze Stars class. This class is great for graduates of the Mini Stars class, or children who have not yet started Kindergarten. There is a lot of emphasis on gymnastics terminology and gymnastics fundamentals, including drills for cartwheels & handstands. (45 Min)

Introductory Classes

Jr. Bronze Stars (Ages 5 ½ -6)
This class is an hour long introductory gymnastics class open to both girls and boys who have already started Kindergarten. This class focuses on learning the fundamental skills of gymnastics such as cartwheels, handstands, and other beginner skills. Gymnasts will learn the basics on all four apparatus’s (vault, bars, beam, and floor) as well as have an opportunity to learn skills on our 40 foot long Tumble Track. Children will gain strength, flexibility, coordination, and confidence by taking this class. (60 min)

Bronze Stars (Ages 7-8)
Our Bronze Stars class is an introductory class for girls. This class focuses on gaining terminology, strength, flexibility, and beginner skills such as cartwheels & pullovers. This class provides instruction on all four gymnastics events, as well as our TumbleTrack. Girls signing up for gymnastics for the first time or after a break will start in this class. (60 Min)

Jr. Comets (Ages 9-11) & Comets (Ages 11+)
This 1 ½ class is for pre-teens and teens who wants to practice gymnastics recreationally. Great for girls who have never done gymnastics but are interested in learning some basics or for the intermediate gymnast who has done gymnastics and wants to continue developing skills in a non-competitive setting. (90 Min)
Intermediate Classes

*All children must be evaluated to be placed into an intermediate or higher class.

Jr. Silver I (Ages 5-6)*
At this level the gymnast can enroll in either 1, 2, or 3 days a week, although a minimum of 2 days a week is recommended. This class is for gymnasts who have completed the Jr. Bronze Stars class or who have been evaluated and can demonstrate all of the skills listed on the Jr. Bronze Star Achievement chart. This intermediate class will focus on building strength, flexibility, and will introduce more advanced skills. (90 Min)

Jr. Silver Stars II (Ages 6-7) *
At this level there is a twice a mandatory twice a week commitment. This class is for gymnasts who have completed the Jr. Bronze Stars, Jr. Silver I or who have been evaluated and recommended by an instructor. This intermediate class will continue to focus on building strength, flexibility, and preparing girls for the pre-competitive team. (90 Min, 2x/ week).

Silver Stars (Ages 8+)
At this level the gymnast can enroll in either 1 or 2 days a week, although a minimum of 2 days a week is recommended. This class is for gymnasts who have completed the Bronze Stars class or who have been evaluated and can demonstrate all of the skills listed on the Bronze Star Achievement chart. This intermediate class will focus on building strength, flexibility, and will introduce more advanced skills. (90 Min)

Jr. Silver I (Ages 5-6)*
At this level the gymnast can enroll in either 1, 2, or 3 days a week, although a minimum of 2 days a week is recommended. This class is for gymnasts who have completed the Jr. Bronze Stars class or who have been evaluated and can demonstrate all of the skills listed on the Jr. Bronze Star Achievement chart. This intermediate class will focus on building strength, flexibility, and will introduce more advanced skills. (90 Min)

Jr. Silver Stars II (Ages 6-7) *
At this level there is a twice a mandatory twice a week commitment. This class is for gymnasts who have completed the Jr. Bronze Stars, Jr. Silver I or who have been evaluated and recommended by an instructor. This intermediate class will continue to focus on building strength, flexibility, and preparing girls for the pre-competitive team. (90 Min, 2x/ week).

Advanced Classes

*All children must be evaluated to be placed into an advanced class.

Mini Gold (Ages 7-9) & Gold Stars (Ages 8-10)
At this level the gymnast can enroll in either 1 or 2 days per week. This class is for gymnasts who wants to keep working on developing skills but does not want to be a competitive gymnast or is unable to make the time commitment for a competitive level group. Gymnasts will continuing gaining strength & flexibility, and will start to combine skills.(120 Min)
**Competitive Track Classes**

*By Instructor invitation Only*

**Shooting Stars (Ages 3-4)**
This class is the first class in our developmental track. Gymnasts that have been recognized from our Mini Stars class for showing natural strength, flexibility and agility as well as a passion for gymnastics and good listening skills will be invited to join this class. This class will have an emphasis on form, technique, stretching and conditioning. The longer class will allow gymnasts to excel at a more accelerated pace. This class has a mandatory twice a week commitment. (75 Min/2x per week)

**Mighty Stars (Ages 4-6)**
Our Mighty Stars class is for gymnasts who have completed our Shooting Stars class, or have shown exceptional abilities. All gymnasts must be evaluated into the class. The extended class time allows gymnasts time to work on conditioning and gain strength and skills at an accelerated pace. At this level the gymnast is required to attend 3 times per week, and will participate in non-sanctioned meets. (120 Min/3x per week)

**Jr. Gold (Ages 6-8)**
Our Jr. Gold stars class is part of the developmental pre-competitive team. Gymnasts in this class have completed the Mighty Stars Class or a comparable class and have made the commitment towards working to be on the competitive team. Gymnasts are required to attend a minimum of 3 days per week. At this level gymnasts participate in non-sanctioned meets. There is a strong emphasis on strength conditioning, flexibility, and showmanship. (150 min/3x per week)

**Competitive Teams**

Girls Inc. is a USA Gymnastics Member Club. We offer a full competitive level girls program. After completing one of our pre-competitive teams, girls will be invited to join the competitive team. At this level practice hours significantly increase and year round training is mandatory. Girls are only able to advance from level to level by participating in competitions and receiving a qualifying score. Our teams participate in all sanctioned meets up to the State & Regional Level.

**Other Classes**

**Mini Cheer (Ages 7-10) & Cheer & Tumbling (Ages 11+)**
This 1 ½ class introduces the three main components of cheerleading: tumbling, beginning stunting, and jumps/motions. Great for middle school aged or high school aged girls who want to learn or maintain tumbling. This class also builds a great foundation for girls who want to try out for their school team. (90 Min)

**Boys Tumbling (Ages 7-10)**
This hour all boy class is great for active boys who love to run, jump, and swing. Boys will have instruction on the floor, tumble track, vault, bars, parallel bars, and ring station. This class will help boys gain strength, coordination, and flexibility and is a great supplement for other sports. (60 Min)

**Adult Gymnastics (Ages 18 +)**
This class is a combination of conditioning & gymnastics instruction, and is great for moms/dads, young adults, or retired gymnasts who want to have fun and stay fit. There is general gymnastics instruction as well as free time to work on skills of choice. This class is offered on a drop in basis. (60 Min)