



Gymnastics Program Class Descriptions

531 E. Ortega St. Santa Barbara, CA 93103 Ph (805)963-4492 Email: gymnastics@girlsincsb.org

Recreational Gymnastics

Mini 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 gymnasts walk jump, roll, hang, swing and climb under the supervision of an instructor. The class promotes coordination as well as support the development of sensory motor skills. This class is a great precursor to our, Bronze (Ages 3-4), beginning level class. Each child needs an adult to accompany them to every class.



Gold Stars (Ages 3 & Up)

This class is a two hour, advanced level recreational class, ages 3 and up. There is a two day per week mandatory requirement. This class is for gymnasts who have completed the Bronze and Silver classes, and has been evaluated and can demonstrate all of the skills listed on the Bronze and Silver Progression Skill Chart. This class is also designed for gymnasts who want 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 continue gaining strength and flexibility, and will start to combine skills.



Bronze Stars (Ages 3 & Up)

This class is an hour long introductory gymnastics class, open to both girls and boys, ages 3 and up. The 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), and learn skills on our 40 foot long Tumble Track. Gymnasts will gain strength, flexibility, coordination, and confidence in our Bronze level classes.



Silver Stars (Ages 3 & Up)

This class is a 90 minute, intermediate gymnastics class for gymnasts who have completed the Bronze Stars class, ages 3 and up, and has been evaluated and can demonstrate all of the skills listed on the Bronze Progression Skill Chart. At this level the gymnast can enroll in either 1, 2, or 3 days a week, although a minimum of 2 days per week is recommended. This intermediate class will focus on building strength, flexibility, and will introduce more advanced skills.



Additional Classes

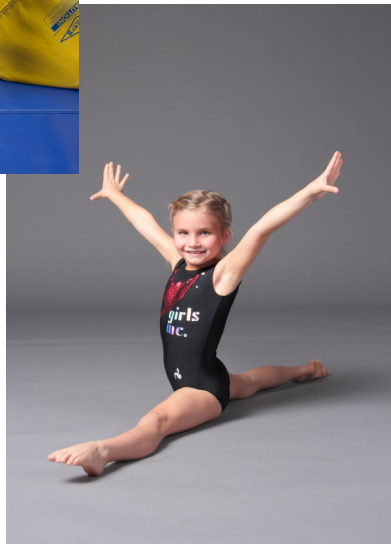
Boys Tumbling

This one hour, all boys, 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 to other sports.



Cheer & Tumbling

This 90 minute class introduces the three main components of cheerleading; tumbling, beginning stunting, and jumps/motions. Great for middle school aged or high school ages girls who want to learn or maintain tumbling. The class also builds a great foundation for girls who want to try out for their school team.



Competative Teams

Advanced Gold (Pre-Team)

Our Pre-Competitive Team has mastered all gymnastics skills for the Recreational Levels (Bronze, Silver, & Gold). All gymnasts have been evaluated and invited to join the class. They have made the commitment towards working to be on the competitive team. Gymnasts are required to attend twice per week. There is a strong emphasis on strength, flexibility, and showmanship. (150 minutes/2x per week)

Competitive Team

Girls Inc. is a USA Gymnastics Member Club. We offer a full competitive level girls program. After completing our pre-competitive program, 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.

**Diamond Stars (Levels 3 & 4) – Mandatory M,W,F
Schedule 4:00pm-7:30pm**

**Platinum Stars (Levels 5 & up) – Mandatory
M,T,Th,F Schedule 4:00pm-7:30pm**

