



of Greater Santa Barbara

Girls Inc. Gymnastics Class Descriptions

Recreational Gymnastics

Mini Stars (Ages 3 & Under): This is a parent participation class for our youngest gymnasts of all genders who are walking and ready to learn and explore. Parents will help their little gymnasts walk, jump, roll, hand, swing, and climb under the supervision of a Gymnastics Coach. The class promotes coordination and the development of sensory motor skills, and is a great precursor to our Bronze Stars beginning level class. Each child must be accompanied by an adult in every class.

Bronze Stars (Ages 3 & Up): This class is an hour-long introductory gymnastics class open to both boys and girls. The class focuses on learning the fundamentals of gymnastics such as cartwheels, handstands, and other beginner skills. Gymnasts will learn on each of the four different apparatus (vault, bars, beam, and floor) as well as our 40-foot-long trampoline. Gymnasts will gain strength, flexibility, coordination, and confidence in our bronze level class.

Silver Stars (Ages 4 & Up): This class is a 90-minute intermediate gymnastics class for gymnasts who have completed the Bronze Stars class and have been evaluated for successful demonstration of 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 class will introduce more advanced skills while focusing on building strength and flexibility.

Gold Stars (Ages 5 & Up): This class is a two-hour advanced level class with a two-day-per-week mandatory requirement. This class is for gymnasts who have completed the Bronze and Silver classes and have been evaluated for successful demonstration of all the skills listed on the Bronze and Silver Progression Skill Charts. This class is designed for gymnasts who want to keep working on developing skills but do not want to be a competitive level gymnast. Gymnasts will continue gaining strength and flexibility while starting to combine skills.

Girls Inc. of Greater Santa Barbara | Gymnastics
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Boys Tumbling: Although boys are able to participate in any of our recreational classes, this one-hour class is specifically tailored to male gymnastics standards. Boys Tumbling is great for active boys who love to run, jump, and swing. Boys will have instruction on the floor, 40-foot-long trampoline, vault, bars, parallel bars, and ring station. This class will help boys gain strength, coordination, and flexibility.

Competitive Teams

Pre-Team (Advanced Gold): In the Pre-Team class, gymnasts have mastered all gymnastics skills for the recreational levels (Bronze, Silver, Gold) and have been evaluated as successfully completing the skills required for invitation into this class. Gymnasts participating in Pre-Team have made the commitment to work towards participating on the Competitive Team. Pre-Team has a strong emphasis on strength, flexibility, and achieving performance-quality routines. Gymnasts are required to participate for three hours, twice per week.

Competitive Team: After completing our pre-team program, gymnasts may be invited to join the competitive team. At this level, practice hours significantly increase and year round training is mandatory. Gymnasts advance from level to level by participating in competitive meets, receiving qualifying scores, and meeting the necessary skill requirements. Our team participates in sanctioned meets up to the State, Regional, and Western National Championship Level. Girls Inc. of Greater Santa Barbara is a USA Gymnastics Member club.

