

2022 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 – 4:50	Jr. Ninja (3-4 Yrs.)	Babynastics (1-2 yrs.)	Gymnastics Team (Ask Kalli for more info) (4:15-6:00)	Sparklers (Beginner Gymnastics)	Gymnastics Team (Ask Kalli for more info) (4:15-5:45)		
5:00 – 5:50	Red Ninja (5-6 Yrs.)	Twinkle Tots (3-4 yrs.)	Gymnastics Team	Sparklers (Beginner Gymnastics)			
6:00 – 6:50	Red Ninja (7+ Yrs.)	Dynamites (5-6 yrs.)		Firecrackers (Intermediate Gymnastics)			
7:00 – 7:50	White Ninja (Advanced Ninja)	Tumbling (Advanced) Open Ninja		Tumbling (Beginner) Open Ninja			

STARS & BARS GYMNASTICS CLASS DESCRIPTIONS

Pre-School Classes - 50-minute classes, \$60/month

Babynastics – This class is designed for babies ages 1-2 and their parents/caregivers. Basic gymnastic concepts such as balance, flexibility and strength will be taught through fun stations. This is a great way for both babies and parents/caregivers to interact with other families and it promotes fitness for your child at such a young age. 1-2 years.

Twinkle Tots – This class is designed for preschoolers ages 3-4. This intermediate preschool gymnastics' class is the first class where the child is on their own. They practice the concepts from babynastics by themselves and continue to gain a solid foundation in gymnastics. Twinkle tots learn basic and fundamental gymnastic skills on bars, beam, floor, and vault. Fundamental gymnastic skills like forward rolls, cartwheels, handstand, jumping, etc. will be taught. 3-4 years.

Dynamites – This class is the most advanced preschool class. This is for children ages 5-6. This gymnastics' class continues to teach balance, flexibility and strength on bars, beam, floor and vault. Skills such as backbend kickovers, round-offs, pullovers, back hip circles, jumps on floor and beam will be taught. 5-6 years.

Gymnastics' Classes - 50-minute classes, \$60/month

Sparklers – This is a beginner gymnastics' class that is designed to teach new gymnasts. This class teaches fundamental gymnastic skills. It is not for a specific age group, but it is based on experience and skill level.

Firecrackers – This is an intermediate gymnastics' class that is designed for gymnasts that have gymnastic experience. This class progresses the skills learned from Sparklers and continues to develop the strength, endurance and flexibility of the gymnast.

Tumbling Classes - 50-minute classes, \$60/month

Tumbling – This class is designed only for tumbling. It will include tumble track, trampoline, floor and many drills. We offer beginner tumbling and advanced tumbling. Please talk to Coach Kalli for more information about which class your child would fit into.

Ninja

Jr. Ninja Class – This class is a beginner ninja class designed for younger kids. This class is for children ages 3-4. They will get to experience ninja through fun obstacle courses and much more! 50-minute class, \$60/month.

Red Ninja Class – This class is a beginner ninja class designed for younger kids. This class is designed to improve kids' strength, endurance, coordination, flexibility, agility, etc. through fun stations and obstacles. 50-minute class, \$60/month.

White Ninja Class – This class is an intermediate ninja class designed for kids that want to improve their strength and advance to more difficult obstacles. This class will include strength, endurance, agility and flexibility training. 50-minute class, \$60/month.

Open Ninja – As the name suggests, this is ninja training on your own. You will have access to the ninja structure only and have the freedom to try or train on any obstacle! Sessions are Tuesday and Thursday from 7:00-7:50. This class is open to any ninjas currently enrolled in our White Ninja class on Monday. 50-minute open ninja, \$35/month.

Team

Gymnastics Team – This is our competitive gymnastics team! It is for girls ages 5 and up. If you have questions or would like information about team, please talk to Coach Kalli.