



386-228-0917

Gymnastics Effective:  
8/11/25

565 S. Lakeview Drive Unit 101 – Lake Helen, FL 32744

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| Monday    |                                | Tuesday   |                                | Wednesday        |                                    | Thursday  |                                | Friday    |                                | Saturday          |                           |
|-----------|--------------------------------|-----------|--------------------------------|------------------|------------------------------------|-----------|--------------------------------|-----------|--------------------------------|-------------------|---------------------------|
| 3:30-4:25 | Shining Stars (8 & up)         | 3:30-5:30 | Pre-Team                       | 3:30-4:25        | Beginner Cheer                     | 3:30-5:30 | Pre-Team                       | 4:30-5:25 | Boys Gymnastics                | 10:00-10:55       | Rising Stars (5-7yr olds) |
| 4:30-5:25 | Rising Stars (5-7yr olds)      | 3:30-4:25 | Rising Stars (5-7yr olds)      | 4:30-5:25        | Rising Stars Advanced (5-7yr olds) | 3:30-4:25 | Rising Stars (5-7yr olds)      | 4:30-5:25 | Beginner Cheer                 | 11:00-11:55       | Shining Stars (8 & up)    |
| 4:30-5:25 | Beginner Cheer                 | 3:30-4:25 | Beginner Cheer                 | 4:30-5:25        | Rising Stars (5-7yr olds)          | 4:30-5:25 | Twinkling Stars (3 & 4yr olds) | 5:00-5:30 | Shooting Stars (18mo-3yr olds) | <b>12:00-2:00</b> | <b>OPEN GYM</b>           |
| 4:30-5:25 | Shining Stars (8 & up)         | 4:30-5:25 | Twinkling Stars (3 & 4yr olds) | 4:30-5:25        | Boys Gymnastics                    | 4:30-5:25 | Tumbling                       | 5:30-6:25 | Twinkling Stars (3 & 4yr olds) |                   |                           |
| 5:30-6:25 | Twinkling Stars (3 & 4yr olds) | 4:30-5:25 | Rising Stars (5-7yr olds)      | 5:00-5:30        | Shooting Stars (18mo-3yr olds)     | 5:00-5:30 | Shooting Stars (18mo-3yr olds) |           |                                |                   |                           |
| 5:30-6:25 | Shining Stars (8 & up)         | 4:30-5:25 | Shining Stars (8 & up)         | 5:30-6:25        | Twinkling Stars (3 & 4yr olds)     | 5:30-6:25 | Rising Stars (5-7yr olds)      |           |                                |                   |                           |
|           |                                | 4:30-5:25 | Beginner Cheer                 | 5:30-6:25        | Shining Stars (8 & up)             | 5:30-6:25 | Super Stars (Advanced)         |           |                                |                   |                           |
|           |                                | 5:30-6:25 | Twinkling Stars (3 & 4yr olds) | 6:30-7:25        | Rising Stars (5-7yr olds)          | 6:30-7:25 | Shining Stars (8 & up)         |           |                                |                   |                           |
|           |                                | 5:30-6:25 | Super Stars (Advanced)         | <b>7:30-9:30</b> | <b>OPEN GYM</b>                    |           |                                |           |                                |                   |                           |
|           |                                | 5:30-6:25 | Rising Stars (5-7yr olds)      |                  |                                    |           |                                |           |                                |                   |                           |
|           |                                | 6:30-7:25 | Shining Stars (8 & up)         |                  |                                    |           |                                |           |                                |                   |                           |

#### Class Descriptions

**Shooting Stars:** Children will be introduced to a variety of mat exercises, low balance beam, bars, tumbling and games that develop coordination.

**Twinkling Stars:** Children will learn the basics of all the gymnastic events including vault, bars, beam and floor with lots of obstacle fun. They will also learn to stand in line, take turns and play together.

**Rising Stars:** Children will learn how to follow directions in a fun and structured environment. They will be introduced to more gymnastics basics and exciting fundamental skills on the vault, bar, beam and floor.

**Shining Stars:** Students will be taught the understanding of the basics on the gymnastics events including vault, bars, beam, floor and will be introduced to or continue to build their basic gymnastics skills. They will learn handstands, cartwheels, round offs, walkovers and much more.

**Super Stars:** This class is invitation only to athletes who are above level but do not want to compete or are not ready for the next level.

**Tumbling:** This class is designed for students only interested in tumbling. This is a great class for students that need to prepare for cheer try-outs or just want to focus on tumbling skills.

**Pre-Competitive:** This class is by invitation only to athletes who show ability to be asked to the Competitive team.

**Competitive:** This class is a challenging program for students that want to train at a competitive level. Our competitive team competes with the USA gymnastics organization from level 1-3

Create an account on our website so we can schedule your child a free trial class.

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