

CLASS DESCRIPTIONS

SHOOTING STARS

Pre-school gymnastics instruction for boys and girls ages 3-4

RISING STARS

Recreational gymnastics instruction for girls ages 5-6

SUPER STARS

Pre-school gymnastics instruction for girls ages 4-6 with **one year** of previous gymnastics experience on all four apparatus.

LEVEL 1 / BRONZE STARS

Recreational gymnastics for girls ages 7 and up, **no** gymnastics experience.

LEVEL 2 / SILVER STARS

Recreational gymnastics for girls ages 7 and up, with **one year** of previous gymnastics experience on all four apparatus.

LEVEL 3 / GOLD STARS

Recreational gymnastics for girls ages 7 and up, with **two years** of previous gymnastics experience on all four apparatus.

LEVEL 4 / PLATINUM STARS

Recreational gymnastics for girls ages 7 and up, with **three years** of previous gymnastics experience on all four apparatus + a 45 min or 1 hr. tumbling class.

FLIP STARS 1 / BEGINNER ADD-ON TUMBLING

Introduction to the fundamentals of tumbling for boys and girls. No gymnastics experience.

FLIP STARS 2 / ADVANCED ADD-ON TUMBLING

Continued training in tumbling for recreational gymnasts with two years of previous gymnastics experience on floor exercise.

EXTREME TUMBLING AND TRAMP / COMBINED LEVELS

Tumbling and trampoline for dancers, cheerleaders, recreational gymnasts, or Gymstar team members, all levels, ages 7 and up.

NINJA ZONE 1

Kids will learn transferrable core skills by fusing elements of martial arts, gymnastics, obstacle training and freestyle movement for ages 4-6

NINJA ZONE 2

Kids will learn transferrable core skills by fusing elements of martial arts, gymnastics, obstacle training and freestyle movement for ages 7 & up

SESSION DATES AND BREAKS

FALL SEMESTER— 8/12-12/21

FALL BREAK— 10/14-10/19 (NO CLASSES)

WINTER BREAK— 12/23-1/5 (NO CLASSES)

SPRING SEMESTER — 1/6-5/16

SPRING BREAK— 3/16-3/20 (NO CLASSES)

HOLIDAY BREAK CAMPS

FALL BREAK CAMP — 10/14-10/19

WINTER BREAK DAY CAMP & WINTER BREAK TUMBLING CAMP— 12/23 (TBA Depending on numbers) 12/27, 12/30, 12/31(UNTIL 4) & 01/02 -01/03

SPRING BREAK CAMP— 3/16-3/20

GYM HOLIDAYS/CLOSINGS

LABOR DAY— 8/31-9/2

SHELLY ALLEN MEET— 11/9-11/10

THANKSGIVING— 11/27-11/29

ALOHA FROM MEMPHIS MEET— 2/21-2/23

MEMORIAL DAY— 5/25

Gymstars Gymnastics will typically follow Collierville School District's lead when closing due to inclement weather, however, please check local weather station closing announcements, the Gymstar website for confirmation.

ADDITIONAL INFORMATION

- If you are joining our program from another gym, please contact the program director for proper program placement.
- **GYM PALS:** Groups of 3 or more students combined may request different class times.
- Private instruction available
- **PNO:** Parent's Night Out—Friday nights periodically