



*where our staff helps children to develop
strength and stamina,
coordination and confidence,
fluidity and flexibility
in a safe, exciting, supportive environment.*

GOLD STAR POLICIES

To Enroll

There are no registration fees, however a parent must fill out a permanent record card, pay tuition, sign both the "Permission to Render Emergency Aid" and the "Liability Statement", plus our Policies Sheet to enroll their child in a class at Gold Star Gymnastics.. Please notify the office of any changes to your contact information.

To Cancel Enrollment

We ask that parents submit a withdrawal card one week prior to their child's last class. Students who withdraw by the end of the month will not be charged for the next month. If a student withdraws mid-month, clients will receive a credit to the family account (or a refund) for all classes left in the month that are more than one week after the withdrawal card was received. Any make-up classes scheduled after the student's drop date will automatically be cancelled.

Tuition

Tuition is based on an average of four weeks per month. No additional charges will incur for those months with extra class days. Conversely credit will not be given for those months with less class days due to holidays. Please refer to our calendar of events for a complete list of holidays. Credit will not be given due to missed classes. Please see our make-up policy. Siblings will each receive a \$10.00 discount per child starting the first full month of enrollment. All additional siblings after the third child are half price.

Administrative Charges

Tuition is due before the first day of each month, after which a \$10.00 processing charge will incur. Bills are only sent to overdue accounts. Students will be automatically dropped from their classes if accounts become one month past due.

Payment Options

Gold Star accepts cash, personal checks, VISA, MasterCard, and can set up automatic monthly credit card withdrawals. There is a \$20 fee on all returned checks. No third party checks accepted.

Absence Policy

Credit will not be given due to missed classes, however make-ups can be scheduled through the Gold Star front office. Make-ups can be scheduled in advance in specific make-up classes or the week of the make-up in a same level class with openings. Students must be currently enrolled to schedule make-ups. All make-ups must be scheduled within the same school year as the absence (September-August). Make-ups for summer classes must be scheduled before the end of the same calendar year.

If a student misses class due to an injury and is under a doctor's care, please call the front desk to discuss options for holding your child's place in class without charge. However, we must have a doctor's note for your child to return to class.

Tardy Policy

We agree to supervise your children during their scheduled class times, but we do not have the staffing to supervise your children outside of these scheduled times. Therefore, children who are dropped off more than 10 minutes before class or picked up more than 10 minutes after class will be charged a fee. This fee is \$10 for the first 10 minutes and \$1 for each minute after that.

Attire

It is recommended that girls wear a one-piece leotard. Fitted shorts or footless tights are accepted. Boys should wear a t-shirt and fitted shorts or sweat pants. Zippers, buckles, or buttons on the students' clothing should be avoided. Long hair needs to be secured back out of the student's face. No rings or other jewelry while in class. No shoes or socks on the gym floor. Clean, dry sneakers may be worn for cheer practices. All clothing must be appropriate for children (in style, slogans, and graphics). GSG is not responsible for lost or stolen items.

Snacks

No food, drinks, or gum are allowed on the gym floor. When eating in the lobby, please help keep the area clean.

Safety

Only registered students are allowed on the gymnastics floor. Children must be escorted into and out of the gym by an adult, and must be accompanied by a coach when on the gym floor. Students are not allowed to wait in the parking lot. Parents are allowed to watch classes from the waiting areas, and are only allowed in the gym area when accompanying children enrolled in a Kinder Stars class, or during Birthday Parties. Gold Star reserves the right to remove students from the gym area if they are deemed to be a danger to themselves or others, arising from disobedient, defiant or disrespectful behavior. (Please ask for a copy of our discipline policy for more detailed information).

Star Weeks

Star Week occurs every other month and is designed to provide feedback and motivation as students move through the program. Recreational gymnastics students will be given a poster corresponding to their class level. During Star Week, school-age students will earn sticker stars for the skills they have mastered. Stars can then be put next to the appropriate skills on the poster at home. Preschool students will be given a progress report and a ribbon indicating their level.

Moving Up

When your child is ready to advance, the coach will give you a "Move-Up Card". Bring this card to the front desk and the staff will help you to enroll in the next level. Please understand that if a space is not available in the next level at a convenient time, you may put your child's name on a waiting list. Your child is then encouraged to continue attending their current class until the staff notifies you of an available space.

PRESCHOOL GYMNASTICS

Classes are 45 Minutes in Length

Kinder Stars

(Walking to 3 years)

\$95 per month ★ \$165 per month for two classes each week

This parent and tot class is a structured lesson focusing on both gross motor and socialization skills. Children will learn to jump, balance, and roll while practicing taking turns and following a circuit.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	9:00	9:00	9:00	9:00	9:00
9:45	9:45	9:45	9:45	9:45	9:45
10:30	10:30	10:30	10:30	10:30	10:30
11:15	11:15	11:15	11:15	11:15	11:15
				2:30	

Mini Stars

(3 to 6 years)

\$105 per month for one class each week ★ \$190 per month for two classes each week

Three levels of instruction are offered. Levels correspond to both ability and age. Children progress from basic movements to more advanced gymnastics skills through structured lessons.

Mini Star 1 – Mini Star 2 – Mini Star 3

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
M1	M2	M3	M1	M2	M3	M1	M2	M3	M1	M2	M3	M1	M2	M3	M1	M2	M3
9:00	9:00		9:00	9:00		9:00	9:00		9:00	9:00		9:00	9:00		9:00	9:00	
9:45	9:45		9:45	9:45		9:45	9:45		9:45	9:45		9:45	9:45		9:45	9:45	
10:30	10:30		10:30	10:30		10:30	10:30		10:30	10:30		10:30	10:30		10:30	10:30	10:30
11:15	11:15		11:15	11:15		11:15	11:15		11:15	11:15		11:15	11:15		11:15	11:15	11:15
1:00	1:00		1:00	1:00		1:00	1:00		1:00	1:00		1:00	1:00		12:00	12:00	
1:45	1:45		1:45	1:45		1:45	1:45		1:45	1:45		1:45	1:45				
2:30	2:30		2:30	2:30		2:30	2:30		2:30	2:30		2:30	2:30				
3:15	3:15		3:15	3:15		3:15	3:15		3:15	3:15		3:15	3:15				
4:00	4:00		4:00	4:00		4:00	4:00		4:00	4:00		4:00	4:00				
4:45	4:45		4:45	4:45		4:45	4:45		4:45	4:45		4:45	4:45				
5:30	5:30		5:30	5:30	5:30	5:30	5:30		5:30	5:30		5:30	5:30				
6:15	6:15		6:15	6:15		6:15	6:15		6:15	6:15		6:15	6:15				

BOYS RECREATIONAL GYMNASTICS

(First Grade and Older)

Beginner (Red) ★ 55 Minute Class

\$120/mo for 1 class/wk

\$210/mo for 2 class/wk

Intermediate (Purple) ★ 85 Minute Class

\$165/mo for 1 class/wk

\$280/mo for 2 class/wk

Instruction is given on Vault, High Bar, Parallel Bars, Pommel Horse, Rings, Floor Exercise, Tumbler Trak and Trampoline.

Students participate in a motivational program to progress through two levels of instruction.

The boys are assessed every other month, and earn stars for mastered skills.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Red	Purple	Red	Purple	Red	Purple	Red	Purple	Red	Purple	Red	Purple
3:30		3:30		11:15		1:45		11:15	3:30	9:00	
4:30	4:30	4:30		4:30	4:30	3:30		3:30		11:00	
6:00		5:30	5:30	6:00		4:30	4:30	4:30	4:30		
				6:30		5:30		5:30			
						6:30					

Competitive Boys Teams

Pre-JO	\$210 per month	Mondays & Wednesdays	4:00 – 5:00
Team Level 4	\$300 per month	Mondays & Wednesdays	3:30 – 5:30
Team Level 5	\$420 per month	Mondays, Wednesdays, & Fridays	5:30 – 8:30 4:30 – 7:30
Team Level 6-9	\$535 per month	Mondays, Wednesdays, Thursdays, & Fridays	5:00 – 8:30 4:30 – 7:30

GIRLS RECREATIONAL GYMNASTICS

(First Grade and Older)

Beginner (Red) & Advanced Beginner (Orange) ★ 55 Minute Class
 \$120 per month for one class each week
 \$210 per month for two classes each week

Instruction is given on Vault, Bars, Beam, Floor Exercise, and Tumbler Trak, plus Trampoline.
 Students participate in a motivational program to progress through the four levels of instruction.
 The girls are assessed every other month, and earn stars for mastered skills.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange
				11:15		1:45		11:15		9:00	9:00
2:40	2:40	2:40	2:40	2:40	2:40	2:40	2:40	1:45		10:00	10:00
3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	11:00	11:00
4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	12:00	12:00
		5:00									
5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30		
						6:00					
6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30		

Intermediate (Yellow) & Advanced Intermediate (Green) ★ 85 Minute Class
 \$165 per month for one class each week
 \$280 per month for two classes each week

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green
3:30		3:30		3:30		3:30			3:30	9:00	
5:00		4:30			5:00			5:00			10:30
6:30	6:30	6:00	6:00			6:30	6:30			12:00	

Competitive Girls Artistic Teams

Training Program

(4 to 8 years)

Pre-J.O. ★ \$210

J.O.1 ★ \$280

J.O.2 ★ \$300

PreTeam ★ \$320

This program is designed for students identified in our preschool program as interested in and capable of working in a focused manner towards competitive gymnastics. Participation is by invitation only. If interested please ask for an evaluation.

Pre-JO		JO1		JO2		PreTeam	
Mondays & Wednesdays	Tuesdays & Thursdays	Mondays & Wednesdays	Tuesdays & Thursdays	Tuesdays & Thursdays	Tuesdays & Thursdays	Tuesdays & Thursdays	Tuesdays & Thursdays
3:30 – 4:30	2:40 – 3:40	3:30 – 5:00		3:30 – 5:30		5:00 – 7:30	

Competitive Girls Team

Level 3 Team	\$370 per month	Tuesdays & Thursdays	5:00 – 8:30
Levels 4 Team	\$420 per month	Mondays, Wednesdays & Fridays	5:30 – 8:30
Levels 5 Team	\$500 per month	12 hours per week	3 hour practices
XCel Team	\$445 per month	10 hours per week	3 ½ hour practices
Level 7-9 Team	\$590 per month	16 hours per week	4 hour practices

MAKE-UP CLASSES

Offered Fridays at 5:30, Saturdays at 12:00, and one Sunday a month (to be announced).

Make-Ups may also be scheduled in classes of the same level that have openings.

Make-Ups should be arranged in advance. Once a Make-Up is scheduled it cannot be re-scheduled.

RHYTHMIC GYMNASTICS

(5 years and Older)

\$120 per month for a 55 Minute Beginner class / \$210 per month for 2 Beginner classes per week
 \$165 per month for an 85 Minute Intermediate or Advanced class / \$280 per month for 2 classes per week

Rhythmic gymnastics combines tumbling skills with dance movements while manipulating small apparatus.
 Instruction is given on the five events: ribbon, rope, ball, hoop, and clubs.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Beginner	Inter/Adv	Beginner	Inter/Adv	Beginner	Inter/Adv	Beginner	Inter/Adv	Beginner	Inter/Adv	Beginner	Inter/Adv
3:30			3:30	3:30			3:30	3:30		9:00	
4:30		5:00		4:30		5:00		4:30 (INT)		10:00 (INT)	
								6:00 (ADV)		11:30 (ADV)	

Competitive Rhythmic Team

Beyond Class	\$300 per month	Mondays & Fridays	3:30 – 5:30
Level 4 Team	\$310 per month	Mondays, Wednesdays & Fridays	3:30 – 5:00
Level 5-9 Team	\$435 per month	Mondays, Wednesdays & Fridays	5:00 – 8:00
			5:00 – 8:30

ALL-STAR CHEERLEADING & HIP HOP

All-Star Cheerleading combines tumbling, dance, and acrobatic stunting.
 Hip Hop teams combine street-style dance movements with more technically based jumps and tricks.
 The team will participate in both regional and national competitions.

Cheer Class

Beginner Class (6-12 yrs)	\$105 per month for 1 class / \$190 for 2 classes a week	Mondays and/or Wednesdays	6:30 – 7:15
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Cheer Teams

Tiny Local (4-6 yrs)	\$155 per month with coaching fees	Tuesdays & Thursdays	5:30 – 6:30
Mini 1 Travel (5-8 yrs)	\$275 with tumbling class & coaching fees	Tuesdays & Thursdays	5:30 – 7:00
Youth 2 Travel (6-11 yrs)	\$275 with tumbling class & coaching fees	Mondays & Wednesdays	3:45 – 5:45
Junior 2 Travel (9-14 yrs)	\$275 with tumbling class & coaching fees	Tuesdays & Thursdays	4:30 – 6:30
Junior 3 Travel (9-14 yrs)	\$275 with tumbling class & coaching fees	Tuesdays & Thursdays	6:30 – 8:30
Junior 4 Travel (9-14 yrs)	\$275 with tumbling class & coaching fees	Mondays & Wednesdays	6:00 – 8:00
Senior 4.2 Travel (10-18 yrs)	\$275 with tumbling class & coaching fees	Tuesdays & Thursdays	7:30 – 9:30
Senior 5 Travel (10-18 yrs)	\$275 with tumbling class & coaching fees	Tuesdays & Thursdays	5:30 – 7:30

Hip Hop Class

Beginner Class (6-12 yrs)	\$105 per month for 1 class / \$190 for 2 classes a week	Tuesdays and / or Thursdays	7:00 – 7:45
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Hip Hop Teams

Mini Travel (5-9 yrs)	\$155 per month with coaching fees	Tuesdays & Thursdays	4:30 – 5:30
Youth Travel (8-12 yrs)	\$155 per month with coaching fees	Mondays & Wednesdays	5:15 – 6:15
Junior Travel (12-15 yrs)	\$170 per month with coaching fees	Mondays & Wednesdays	7:00 – 8:30
Junior All-Boy Travel	\$155 per month with coaching fees	Mondays & Wednesdays	6:00 – 7:00
Junior All-Girl Travel	\$170 per month with coaching fees	Tuesdays & Thursdays	7:00 – 8:30
Senior Travel (14-18 yrs)	\$170 per month with coaching fees	Mondays & Wednesdays	8:00 – 9:30

TEEN GYMNASTICS

(Must be 11 to 17 years)

\$195 per month for one class each week / \$300 per month for two classes each week

This class will combine flexibility and strength training with instruction on tumbling and apparatus skills.
 Beginner through advanced levels.

Wednesday	Friday	Saturday
6:30 – 8:30	6:00 – 8:00	12:00 – 2:00

SPECIALITY PROGRAMS

Adult Gymnastics Classes

(Must be 16 years or Older)

Tuesdays ★ Thursdays

8:15 p.m. – 10:15 p.m.

\$20.00 per Class with a 10-Class Card or \$30 Drop-In Fee

This class will combine flexibility and strength training with instruction on tumbling and apparatus skills. Beginner through advanced levels.

Aikido Classes

For Families

Saturdays

9:00 – 9:55 a.m.

\$105 per month for Children

\$10.00 per class for Adults

For Children

(7 to 12 years)

Saturdays

10:00 – 10:45 a.m.

\$105 per month

Aikido is a traditional Japanese martial art where students develop balance, strength, flexibility, and power by discovering how to unify their mind and body. This class teaches open handed, sword and staff techniques. Aikido is unique because beginners and advanced students can train together safely and learn from each other.

Week-Long Summer Camps

One Week Camps in June, July, & August

Mini-Star Camps

(3 to 6 years ★ Potty-Trained)

\$225 per week / \$195 for multiple camps

Morning session: 8:45 a.m. – 11:45 a.m.

Afternoon session: 12:15 p.m. – 3:15 p.m.

During these half-day camps the children participate in gymnastics, movement and music, art projects.

The week's activities culminate in a final performance for friends and family.

School-Age Camps

(6 to 10 years)

\$390 per week / \$340 for multiple camps

9:00 a.m. – 3:00 p.m.

During these full-day camps the children participate in gymnastics, rhythmic gymnastics, cheer stunts, dance and art projects. The week's activities culminate in a final performance for friends and family, plus a picnic in the park.

One-Day School Holiday & Summer Camps

One Day Camps during most School Holidays and throughout the Summer

Mini-Star Camps

(3 to 6 years ★ Potty-Trained)

\$50 per session / \$45 per session for 4 or more sessions

Morning session: 8:45 a.m. – 11:45 a.m.

Afternoon session: 12:15 p.m. – 3:15 p.m.

During these half-day camps the children participate in gymnastics, movement and music, and art projects.

School-Age Camps

(6 to 10 years)

\$85 per day / \$80 per day for 4 or more days

9:00 a.m. – 3:00 p.m.

During these full-day camps the children participate in gymnastics, rhythmic gymnastics, cheer stunts, dance, and art projects

Extended Day Available for all Camps

Birthday Parties

Two Hours

Reserved on Saturdays and Sundays

\$275 for 1-10 guests ★ \$325 for 11-20 guests ★ \$375 for 21-30 guests

gratuity not included

A special celebration for the whole family.

The party goers receive an hour and a half of fun-filled gymnastics instruction, games, and activities. The parents have tables and chairs set up for them to serve treats and open presents.