



Gold Star Gymnastics

Class Schedule

2020-2021

goldstargym.com
650-694-7827

PreSchool Gymnastics

Kinder Stars

(Walking to 3 years+)

45 minute class

\$125 per month ★ \$215 per month for two classes each week

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

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

Mini Stars

(3 to 6 years)

45 minute class

\$125 per month for one class each week ★ \$215 per month for two classes each week

Two 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 9:45 10:30 11:15	9:00	9:00 9:45 10:30	9:45	9:00 9:45 10:30	9:00 9:45 10:30 11:15 12:00	9:00 9:45 10:30 11:15 12:00
3:15 4:00 4:45 5:30 6:15	3:15 4:00 4:45 5:30 6:15	3:15 4:00 4:45 5:30 6:15	4:00 4:45 5:30 6:15	4:00 4:45 5:30 6:15		

Girls Recreational Gymnastics

(First Grade and Older)

Beginner (Red) & Advanced Beginner (Orange) ★ 55 Minute Class

\$140 per month for one class each week ★ \$245 per month for two classes each week

Instruction is given on Vault, Bars, Beam, Floor Exercise, and Tumb Trak, plus Trampoline.

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

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange
				10:00	10:00					9:00	9:00	9:00	9:00
				11:00	11:00					10:00	10:00	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	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	12:00	12:00
5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	1:00	1:00		
6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30						

Intermediate (Yellow) & Advanced Intermediate (Green) ★ 85 Minute Class

\$195 per month for one class each week ★ \$325 per month for two classes each week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00	9:00
					10:30	10:30
4:00	3:30	3:30		3:30		
4:30			4:30			
	5:00	5:00		5:00		

Boys Recreational Gymnastics

(First Grade and Older)

Beginner (Red) & Intermediate (Blue) ★ 55 Minute Class

\$140 month for 1 class/wk ★ \$245 monthly for 2 classes/wk

Advanced (Purple) ★ 85 Minute Class

\$195 monthly for 1 class/wk ★ \$325 monthly for 2 classes/wk

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

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

Monday	Tuesday	Wednesday	Thursday		Friday	Saturday	Sunday
Red/Blue	Red/Blue	Red/Blue	Red/Blue	Purple	Purple	Red/Blue	Red/Blue
		10:00				10:00	10:00
		11:00				11:00	11:00
	4:30	4:30	3:30		3:30		
5:30	5:30	5:30	5:30	5:30			

Teen Gymnastics

(Ages 11 to 17 years)

85 minute class ★ \$195 per month for one class each week ★ \$325 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.

Tuesday		Thursday	Saturday
Age 11-15	Age 13-17	Age 11-16	Age 11-16
6:30	7:00	7:00	11:00
			12:30

Ninja Training

(First Grade – 12 years old)

Beginner & Advanced ★ 55 Minute Class

\$140 month for 1 class/week ★ \$245 monthly for 2 classes/week

Ninja Training is a co-ed class divided into two levels: Beginner and Advanced. The curriculum combines traditional gymnastics events of tumbling, trampoline, and bars; with training on obstacle courses, plus instruction in parkour, street dancing, and tricking.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30 4:30	3:30	3:30	3:30 4:30	3:30 4:30 5:30	12:00 1:00	9:00 12:00
6:30	6:30	6:30	6:30			

Virtual Gymnastics Classes

(4 years and Older)

30 minute class ★ \$140 per month for two classes each week ★ \$195 per month for three classes each week

Our Virtual classes teach basic gymnastics skills, along with exercises increasing strength, agility, coordination, endurance and flexibility.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:00		11:00		9:15	12:15
1:00 2:00 3:00	1:00 2:00 3:00	1:00 2:00 3:00	1:00 2:00 3:00	1:00 2:00 3:00		

Cheer Basics Classes

(6-12 years)

45 minute class ★ \$125 per month for 1 class per week ★ \$215 per month for 2 classes a week

This class teaches the basics of cheer jumps, movements, stunts, and beginner tumbling.

Tuesday	Thursday
5:45	6:00

School Day Camps

(3 years and Older)

Half Day	Full Day
\$750 for 5 days a week (3-week session)	\$570 for 2 days per week (3-week session) \$855 for 3 days per week (3-week session)
8:45-11:45 12:15-3:15	9:00-3:00

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

Adult Gymnastics Classes

(Must be 16 years or Older)

Tuesdays ★ Thursdays

8:30 p.m. – 10:00 p.m.

\$25.00 per Class with a 10-Class Card or \$40 Drop-In Fee

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

Play Date Parties

One Hour
\$250 for up to 12 guests
gratuity not included

Weekdays		Weekends
10:00-11:00	1:00-2:00	2:00-3:00
11:00-12:00	2:00-3:00	

*Supervised play in the gym for your child and the children in their shelter-in-place play group.
The kids choose where to go and what they want to practice.*

Virtual Birthday Parties

One Hour
Saturdays and Sundays
1:00-2:00

\$150 for unlimited guests
*45 minutes of structured games and gymnastics taught by our amazing instructors.
15 minutes divided before and after activities for kids to visit.*

Competitive Teams

Girls Team Training Program

(4 to 8 years)

Pre-Junior Stars ★ \$245

Junior Star 1 ★ \$350

Junior Star 2 ★ \$400

PreTeam ★ \$375

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.

Girls Pre-Junior Stars	Junior Stars 1	Junior Stars 2	PreTeam
Mondays & Wednesdays	Tuesdays & Thursdays	Mondays, Wednesdays & Fridays	Tuesdays & Thursdays
3:30 - 4:30	3:30 - 5:30	3:30 - 5:30	5:00 - 7:30

Competitive Girls Team

Level 3 Team	\$485 per month	Tuesdays, Thursdays & Fridays	4:30 - 7:30 5:30 - 8:30
Levels 4/5 Team	\$585 per month	Mondays, Wednesdays, Fridays & Sundays	5:30 - 8:30 11:00 - 2:00
XCel Team	\$515 per month	Tuesdays & Thursdays & Saturdays	5:30 - 9:00 2:00 - 5:00
Level 7-10 Team	\$695 per month	Mondays, Wednesdays, Fridays & Sundays	3:30 - 7:30 2:00 - 6:30

Competitive Boys Team

Team Level 4/5	\$515 per month	Mondays - Thursdays	3:30 - 6:00
Team Level 6-9	\$720 per month	Mondays - Thursdays & Fridays	5:00 - 8:30 4:30 - 8:30

All-Star Competitive Cheer Teams

Youth 1 Travel (5-12 yrs)	\$295 with tumbling class	Mondays & Wednesdays	4:00 - 6:00
Junior 2 Travel (6-15 yrs)	\$295 with tumbling class	Mondays & Wednesdays	6:00 - 8:00
Senior 4.2 Travel (12-18 yrs)	\$295 with tumbling class	Tuesdays & Thursdays	6:30 - 8:30