



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 | | 9:00 | 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 | 9:00 9:45 10:30 11:15 12:00 | 9:00 9:45 10:30 11:15 12:00 |
| 11:15 | | | | | | |
| 3:15 | 3:15 | 3:15 | | | | |
| 4:00 | 4:00 | 4:00 | 4:00 | 4:00 | | |
| 4:45 | 4:45 | 4:45 | 4:45 | 4:45 | | |
| 5:30 | 5:30 | 5:30 | 5:30 | 5:30 | | |
| 6:15 | 6:15 | 6:15 | 6:15 | 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 | 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 |
| | | 10:00 | | | | 10:00 |
| | | 11:00 | | | | 11:00 |
| | 4:30 | | 3:30 | | 3:30 | |
| 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 |

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 |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------|--------|
| 9:00 | 11:00 | 9:00 | 11:00 | 9:00 | 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 |