



# Gold Star Gymnastics

## Class Schedule

### Spring 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
	9:00		9:00			9:45
10:30				10:30 11:15	10:30 11:15	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		9:00		9:00	9:00	9:00
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
11:15	11:15		11:15	11:15	11:15	11:15
					12:00	12:00
2:30	2:30	2:30	2:30	2:30		
3:15	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 Tumbl 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
9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00
				10:00	10:00					10:00	10:00	10:00	10:00
				11:00	11:00					11:00	11:00	11:00	11:00
		12:00	12:00							12:00	12:00	12:00	12:00
1:00	1:00			1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00		
				2:30	2:30			2:30	2:30				
3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30		
4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30		
5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30		
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
4:00	3:30	3:30		3:30	9:00	9:00
4:30			4:30		10:30	10:30
	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, Tumbl 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	Red/Blue	Purple
9:00	9:00	9:00	9:00		9:00	
		10:00				10:00
		11:00			10:00	11:00
	12:00					
1:00		1:00	1:00	1:00		
			3:30		3:30	
	4:30					
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
6:30	6:30	11:00
7:00	7:00	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
					12:00 1:00	9:00 12:00
3:30	2:30	2:30	2:30	2:30		
4:30	3:30	3:30	3:30	3:30		
		5:30	5:30	4:30		
		6:30	6:30	5:30		
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
					9:15
1:00	1:00	1:00	1:00	1:00	
2:00	2:00	2:00	2:00	2:00	
3:00	3:00	3:00	3:00	3:00	
4:00	4:00	4:00	4:00	4:00	
5:00	5:00	5:00	5:00	5:00	

# 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

\$450 for 2 days per week ★ \$600 for 3 days per week ★ \$950 for 5 days per week

Morning Camp	Afternoon Camp
Tuesday / Wednesday / Thursday	Monday-Friday
9:00-12:00	12:15-3:15

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

# Make-Up Classes

Offered Weekly for MiniStar and Recreational Levels

Must be Scheduled in Advance

Saturdays & Sundays At Noon

Or in any Virtual Classes

## Play Date Parties

One Hour

\$250 for up to 12 guests  
gratuity not included

Weekdays		Weekends
11:00-12:00	1:00-2:00	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.*

## Adult Gymnastics Classes

(Must be 16 years or Older)

Tuesdays ★ Thursdays

8:00 p.m. – 9:30 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.

## Competitive Teams

### Girls Team Training Program

(4 to 8 years)

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.*

Junior Stars 1	Junior Stars 2	PreTeam
Tuesdays & Thursdays	Mondays, Wednesdays & Fridays	Tuesdays & Thursdays
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 1:00 – 4:00
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	3:00 – 5:30
Team Level 6-9	\$720 per month	Mondays – Thursdays & Fridays	5:30 – 9:00 3:30 – 7:30

### 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