



# Gold Star Gymnastics

## Class Schedule

### 2022-2023

goldstargym.com  
650-694-7827

## PreSchool Gymnastics

Classes are 45 Minutes in Length

## Kinder Stars

(Walking - 3 years old)

\$130 per month ★ \$225 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	Sunday
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
10:30	10:30	10:30	10:30		10:30	10:30
	11:15	11:15	11:15		11:15	11:15
2:30	2:30		2:30	2:30	12:00	12:00
					12:45	

## Mini Stars

(3 years old - Kindergarten)

\$130 per month ★ \$225 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 (+5 year old MiniStar 2's)

Monday			Tuesday			Wednesday			Thursday			Friday		Saturday			Sunday		
M1	M2	M3/ older M2	M1	M2	M3/ older M2	M1	M2	M3/ older M2	M1	M2	M3/ older M2	M1	M2	M1	M2	M3/ older M2	M1	M2	M3/ older M2
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	
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
1:00	1:00		1:00	1:00		1:00	1:00		1:00	1:00		1:00	1:00	12:00		12:00	12:00	12:00	
1:45	1:45		1:45	1:45		1:45	1:45		1:45	1:45		1:45	1:45	12:45		12:45			
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							
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						
6:15			6:15			6:15			6:15		6:15	6:15	6:15						
7:00		7:00	7:00			7:00			7:00		7:00								

# Ninja Training

## Mini Ninja Training

(4-5 years old)

*The curriculum combines traditional gymnastics events of tumbling, trampoline, and bars; with training on obstacle courses, plus instruction in parkour, street dancing, and tricking.*

\$130 per month ★ \$225 per month for two classes each week

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

## Ninja Training – Recreational Classes

(First Grade to 12 years old)

Beginner & Intermediate or All Level Class ★ 55 Minute Class

\$150 month for 1 class/week ★ \$260 monthly for 2 classes/week

*Ninja Training is a co-ed class divided into two levels: Beginner and Intermediate.*

*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
All Level	All Level	Int	Adv	All Level	All Level	Inter	Adv	All Level	Inter	All Level	All Level
2:30	2:30			2:30	2:30			2:30		9:00	9:00
3:30	3:30	3:30		3:30	3:30	3:30		3:30		10:00	10:00
4:30	4:30			4:30	4:30			4:30	4:30	11:00	11:00
5:30			6:00	5:30			6:00	5:30		12:00	
6:30	6:30			6:30						1:00	

## Boys Recreational Gymnastics

(First Grade and Older)

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

\$150 month for 1 class/wk ★ \$260 monthly for 2 classes/wk

Advanced (Purple) ★ 85 Minute Class

\$205 monthly for 1 class/wk ★ \$340 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	Purple	Red	Blue	Red	Purple	Red	Red
		11:15		11:15			11:15		11:15		9:00	9:00
3:30		3:30		3:30		3:30	2:30				11:00	11:00
	4:30			4:30			3:30				12:00	12:00
5:30			5:30		5:30		4:30			5:00		
6:30		6:30						6:30	6:30			

# Girls Recreational Gymnastics

(First Grade and Older)

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

\$150 month for 1 class/week ★ \$260 monthly for 2 classes/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
		11:15		11:15		11:15		11:15		9:00	9:00	9:00	9:00
2:30	2:30	2:30	2:30	2:30	2:30	2:30	2:30	2:30	2:30	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				
		7:30	7:30			7:30							

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

\$205 per month for one class each week ★ \$340 per month for two classes each week

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

## Teen Gymnastics

(Ages 11 to 17 years)

85 minute class ★ \$205 per month for one class each week ★ \$340 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	Wednesday	Thursday	Friday	Saturday
	5:00	4:30	3:30	1:00
6:30		6:30		
7:30				

## Tumbling Classes

(8-14 years)

\$150 month for 1 class/week ★ \$260 monthly for 2 classes/week

*This class teaches basics tumbling skills.*

Monday	Wednesday
7:30	7:30

## Beginner Cheer Classes

(6-12 years)

45 minute class ★ \$130 per month for 1 class per week ★ \$225 per month for 2 classes a week

*This class teaches the basics of hip hop and cheer movements, stunts, and basic tumbling.*

Tuesday	Thursday
5:30	5:30

# Competitive Teams

## Girls Team Training Program

(4 to 8 years)

Pre-JunioStars ★ \$260

JuniorStars 1 ★ \$370

JuniorStars 2 ★ \$510

PreTeam ★ \$395

*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.*

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

## Competitive Girls Teams

Level 3	\$510 per month	Tuesdays & Thursdays Fridays	4:30 – 7:30 5:30-8:30
Levels 4/5 Team	\$615 per month	Mondays, Wednesdays, Fridays & Sundays	5:30 – 8:30 11:00 – 2:00
XCel Team	\$540 per month	Tuesdays & Thursdays & Saturdays	5:15 – 8:30 1:00 – 4:30
Level 7-10 Team	\$730 per month	Mondays, Wednesdays, Fridays & Sundays	4:00 – 8:00 2:00 – 6:30

## Competitive Boys Teams

PreTeam	\$370 per month	Tuesdays & Thursdays	3:30 – 5:30
Team Level 4/5	\$540 per month	Mondays – Thursdays	3:30 – 6:00
Team Level 6-9	\$755 per month	Mondays – Thursdays & Fridays	5:30 – 9:00 3:30 – 7:30

## All-Star Competitive Cheer Teams

Youth 1 Local (5-12 yrs)	\$280 with tumbling class	Mondays & Wednesdays	4:30 – 6:00
Junior 1 Travel (6-15 yrs)	\$310 with tumbling class	Mondays & Wednesdays	6:00 – 8:00
Junior 2 Travel (6-15 yrs)	\$310 with tumbling class	Tuesdays & Thursdays	4:30 – 6:30
Senior 4.2 Travel (12-18 yrs)	\$310 with tumbling class	Tuesdays & Thursdays	6:30 – 8:30

## Adult Gymnastics Classes

(Must be 16 years or Older)

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

Tuesdays ★ Thursdays

8:00 p.m. – 9:30 p.m.

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