



# Gold Star Gymnastics

## Class Schedule

### 2023-2024

goldstargym.com  
650-694-7827

## PreSchool Gymnastics

Classes are 45 Minutes in Length

## Kinder Stars

(Walking - 3 years old)

\$140 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		

## Mini Stars

(3 years old - Kindergarten)

\$140 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	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	
9:45			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	
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							
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		1:30			1:30		1:30
4:00	4:00		4:00	4:00		4:00	4:00		4:00	4:00		4:00	4:00		2:15	2:15		2:15	2:15	2:15
4:45	4:45		4:45	4:45		4:45	4:45		4:45	4:45		4:45	4:45		3:00	3:00		3:00	3:00	3:00
5:30	5:30		5:30			5:30	5:30		5:30			5:30	5:30	4:45	3:45			3:45		3:45
6:15			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		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.*

\$140 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	4:45	3:15	3:15	3:15		
4:45	5:30		4:45	4:00	3:45	3:45
6:15		6:15	5:30			

## Ninja Training – Recreational Classes

(First Grade to 12 years old)

**Beginner & Intermediate ★ 55 Minute Class**

**Advanced ★ 85 Minute Class**

\$160 month for 1 class/wk ★ \$260 monthly for 2 classes/wk

\$220 monthly for 1 class/wk ★ \$340 monthly for 2 classes/wk

*Ninja Training is a co-ed class divided into three levels: Beginner, Intermediate & 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
All Level	All Level	Int	Teen	All Level	All Level	Inter	Teen	All Level	All Level	All Level
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	11:00	11:00
5:30			6:00	5:30			6:00	5:30		
6:30	6:30			6:30					3:30	3:30

## Boys Recreational Gymnastics

(First Grade and Older)

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

**Advanced (Purple) ★ 85 Minute Class**

\$160 month for 1 class/wk ★ \$260 monthly for 2 classes/wk

\$220 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	Red	Purple	Red	Red
		11:15		11:15			11:15	11:15		9:00	9:00
3:30	4:30	3:30		3:30		3:30	3:30			11:00	11:00
5:30		6:30	5:30	4:30			4:30		5:00		12:00
				6:30				6:30			

# Girls Recreational Gymnastics

(First Grade and Older)

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

\$160 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	1:30	1:30	1:30	
6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	2:30		2:30	
		7:30	7:30	7:30	7:30	7:30	7:30						

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

\$220 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	10:30
	6:30	6:30			6:30					12:00		12:00	
										3:00		3:00	

# Teen Gymnastics

(Ages 11 to 17 years)

85 minute class ★ \$220 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
4:30		4:30	3:30	12:00
6:00 (Ninja)	5:00	6:00 (Ninja)		
6:30		6:30		
7:30				

# Tumbling Classes

(8-14 years)

\$160 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 ★ \$140 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
6:15	6:15

# Competitive Teams

## Girls Team Training Program

(4 to 8 years)

Pre-JuniorStars ★ \$260

JuniorStars 1 ★ \$370

JuniorStars 2 ★ \$420

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	Mondays & Wednesdays	Tuesdays, Thursdays, & Fridays	Tuesdays & Thursdays
3:30 – 4:30 4:30 – 5:30	3:30 – 5:30	3:30 – 5:30	5:00 – 7:30

## Competitive Girls Teams

Level 3	\$510 per month	Mondays & Wednesdays Saturdays	4:30 – 7:30 3:00 – 6:00
Levels 4/5 Team	\$615 per month	Tuesdays, Thursdays, Fridays & Sundays	5:30 – 8:30 12:30 – 3:30
XCel Team	\$540 per month	Tuesdays & Thursdays & Saturdays	5:15 – 8:30 2:30 – 6:00
Level 6-7 Team	\$730 per month	Mondays, Wednesdays, Fridays & Sundays	5:00 – 9:00 8:00 – 12:30
Level 8-10 Team	\$730 per month	Mondays, Wednesdays, Fridays & Sundays	4:00 – 8:00 2:00 – 6:30

## Competitive Boys Teams

Junior Stars	\$340 per month	Wednesdays & Fridays	3:30 – 5:00
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

Mini 1 Novice Local (6-8 yrs)	BIG BANG	\$280 with tumbling class	Tuesdays & Thursdays	4:00 – 5:30
Youth 1 Novice Local (7-10 yrs)	LIGHT YEAR	\$280 with tumbling class	Mondays & Wednesdays	4:00 – 5:30
Youth 1 Prep Local (8-12 yrs)	NEBULA	\$280 with tumbling class	Mondays & Wednesdays	5:15 – 6:45
Junior 1 Travel (8-15 yrs)	JEDI	\$310 with tumbling class	Mondays & Wednesdays	6:30 – 8:30
Junior 2 Travel (8-15 yrs)	2INFINITY	\$310 with tumbling class	Tuesdays & Thursdays	5:15 – 7:15
Senior Co-Ed 3 Travel (13-18 yrs)	NUCL3AR	\$310 with tumbling class	Tuesdays & Thursdays	7:00 – 9:00

## 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.*