



Gold Star Gymnastics

Class Schedule

2024-2025

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	11:15
					12:00	
					1:30	
2:30			2:30	2:30		3:00
						3:45

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	9:00	
9:45			9:45			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	10:30
11:15	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	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		2:30	2:30		1:30	1:30		1:30	1:30	1:30
3:15	3:15		3:15	3:15		3:15	3:15		3:15	3:15		3:15	3:15		2:15	2:15		2:15	2:15	2:15
4:00	4:00		4:00	4:00		4:00	4:00		4:00	4:00		4:00	4:00	4:00	3:00	3:00		3:00	3:00	3:00
4:45	4:45		4:45	4:45		4:45	4:45		4:45	4:45		4:45	4:45	4:45	3:45	3:45		3:45	3:45	3:45
5:30	5:30		5:30	5:30		5:30	5:30		5:30	5:30		5:30	5:30	4:45						
6:15	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		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
		2:30		2:30	12:00	12:00
	3:15	3:15	3:15	3:15		
4:00				4:00		
4:45	4:45		4:45		2:15	2:15
	5:30		5:30		3:00	
6:15		6:15			3:45	3:45

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	Teen	All Level	All Level	Int	Teen	All Level	Int	All Level	All Level
									9:00	9:00
2:30	2:30		2:30	2:30					10:00	10:00
3:30	3:30		3:30		3:30		3:30		11:00	11:00
4:30	4:30		4:30	4:30			4:30			
5:30			5:30				5:30		1:30	1:30
6:30	6:30	6:30	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	Blue	Red	Purple	Red	Red
11:15		11:15		11:15			11:15		11:15		9:00	9:00
1:00											11:00	11:00
2:30		3:30					2:30		2:30			12:00
3:30				3:30		3:30	3:30				2:30	2:30
	4:30			4:30			4:30			5:00		
5:30			5:30	5:30								
6:30		6:30		6:30			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		11:15		9:00	9:00	9:00	9:00
1:00										10:00	10:00	10:00	10:00
2:30	2:30	2:30	2:30	2:30	2:30	2:30	2:30	2:30	2:30	11:00	11:00	11:00	11:00
3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	12:00	12:00	12:00	12:00
4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	1:30	1:30	1:30	1:30
5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	2:30		2:30	
6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	3:30		3:30	
7:30	7:30	7:30	7:30	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		3:30	9:00		9:00	
5:00		5:00	5:00	5:00		5:00	5:00	5:00		12:00	10:30	12:00	10:30
	6:30	6:30			6:30	6:30				3:00		3:00	

Teen Gymnastics

(Ages 11 to 17 years)

Multi-Level Class ★ 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.

Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 (Ninja) 6:30 7:30	5:00	6:00 (Ninja) 6:30	3:30	12:00

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

(6-13 years)

55 minute class ★ \$160 month for 1 class/week ★ \$260 monthly for 2 classes/week

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

Tuesday	Thursday
5:30 (ages 6-12) 6:30 (ages 5-9)	5:30 (ages 6-12) 6:30 (ages 10-13)