



# 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		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	
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		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		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		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		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		
5:30	5:30		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	6:15		6:15	6:15							
7:00			7:00		7:00			7:00			7:00									

# Ninja Training

## Mini Ninja Training

(4 years old – Kindergarten)

*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	3:15	2:30	12:00	12:00
4:00	4:45	3:15	4:00	3:15	2:15	2:15
4:45	5:30		4:45	4:45	3:00	
6:15		6:15	5:30		3:45	3:45

## Ninja Training – Recreational Classes

(First Grade to 12 years old)

**Beginner ★ 55 Minute Class**

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

**Intermediate & Teen ★ 85 Minute Class**

\$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	Inter	Teen	All Level	Inter	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		10:00	10:00
4:30	4:30		4:30	4:30			4:30		11:00	11:00
5:30			5:30			6:00	5:30			
6:30	6:30	6:30	6:30					6:30	1:30	1:30
									2:30	2:30
									3:30	3:30

## Boys Recreational Gymnastics

(First Grade and Older)

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

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

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

\$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
											11:00	11:00
2:30		3:30		3:30		3:30			2:30		11:00	12:00
3:30	4:30	4:30		4:30			4:30			5:00	2:30	2:30
5:30		6:30	5:30	5:30				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
										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				
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	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	7:30	7:30			3:30		3:30	

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	9:00
5:00		5:00	5:00	5:00		5:00	5:00	5:00		10:30	10:30	10:30	10:30
	6:30	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
6:30	5:00	6:00 (Ninja)	3:30	12:00
7:30		6:30		

## 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

## Cheer Classes

(6-13 years)

55 minute class ★ \$160 per month for 1 class per week ★ \$260 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 (ages 5-7)	5:30 (ages 5-7)
6:30 (ages 8-13)	6:30 (ages 10-13)

# MakeUp Classes

You Must Pre-Register for Make-Ups After the Absence has Occurred  
 Make-Ups Must be Scheduled (not completed) within the 30 Days after the Class has been Missed

KinderStar	MiniStar & MiniNinja	Recreational Classes 55 min	Recreational Classes 85 min	Ninja 55 min
Any Weekday Class with Openings	Any Weekday Class before 3:15 with Openings			
Saturday 3:00	Saturday 12:00 Saturday 1:30 Saturday 3:45	Saturday 12:00 Saturday 1:30 Saturday 3:30	Saturday 12:00 Saturday 1:30	Saturday 12:00
Sunday 12:00	Sunday 12:00 Sunday 1:30 Sunday 3:45	Sunday 12:00 Sunday 1:30 Sunday 3:30	Sunday 12:00 Sunday 1:30	Sunday 12:00

## Competitive Teams

### Girls Team Training Program

(4 to 8 years)

Pre-Junior Stars ★ \$260

Junior Stars 1 ★ \$370

Junior Stars 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	Mondays & Wednesdays
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	Tuesdays & Thursdays Saturdays	3:30 – 6:30 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 Team	\$730 per month	Mondays, Wednesdays, Fridays & Sundays	5:00 – 9:00 8:00 – 12:30
Level 7 Team	\$730 per month	Mondays, Wednesdays, Fridays OR Mondays, Wednesdays, Fridays & Sundays	4:15 – 8:15 5:00 – 9:00 8:00 – 12:30
Level 8-10 Team	\$730 per month	Mondays, Wednesdays, Fridays & Sundays	4:15 – 8:15 2:00 – 6:30

## Competitive Boys Teams

PreTeam (2 days)	\$370 per month	Tuesdays & Thursdays	3:30 – 5:30
PreTeam (3 days)	\$410 per month	Tuesdays & Thursdays Fridays	3:30 – 5:30 3:00 – 5:00
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

# Competitive Teams

## All-Star Competitive Cheer Teams

Tiny 1 Novice Local (6-8 yrs)	TWINKLE	\$160 per month	Fridays	5:30 – 6:30
Mini 1 Novice Local (6-8 yrs)	CADET	\$280 with tumbling class	Tuesdays & Thursdays	4:00 – 5:30
Mini 1 Prep 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)	∞INFINITY	\$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

## Cheer Team Tumbling Classes

Monday	Tuesday		Wednesday			Thursday		Friday	Saturday	Sunday	
Level 2/3	Level 1	Level 2	Level 2	Level 3	Level 3/4	Level 1	Level 1/2	Level 1	Level 2	Level 1	Level 3/4
6:15	5:00 6:00	6:00 7:30 8:30	6:00	6:15	7:45	5:45	7:00	3:30 4:30 7:30	12:30	1:00 2:00 3:00	1:00

## 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.*