



# Gold Star Gymnastics

## Class Schedule

### 2025-2026

goldstargym.com  
650-694-7827

## PreSchool Gymnastics

Classes are 45 Minutes in Length

### Kinder Stars

(Walking - 3 years 5 months old)

\$155 per month ★ \$250 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 6 months old - Kindergarten)

\$155 per month ★ \$250 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

Monday			Tuesday		Wednesday			Thursday			Friday			Saturday		Sunday		
M1	M2	M3	M1	M2	M1	M2	M3	M1	M2	M3	M1	M2	M3	M1	M2	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	
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		10:30	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						
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	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	3:45	3:45	3:45	3:45	
5:30			5:30	5:30	5:30	5:30		5:30			5:30			3:45				
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		6:15	6:15							

# 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.*

\$155 per month ★ \$250 per month for two classes each week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		2:30		2:30	11:15 12:00	11:15 12:00
4:00	3:15	3:15	3:15	3:15		
5:30	4:45 5:30		4:45 5:30	4:45	2:15 3:00	2:15
7:00		6:15			3:45	3:45

## Ninja Training – Recreational Classes

(First Grade to 12 years old / Teen Classes Ages 11-17 years old)

**Beginner ★ 55 Minute Class**

\$175 month for 1 class/wk ★ \$285 monthly for 2 classes/wk

**Intermediate & Teen ★ 85 Minute Class**

\$240 monthly for 1 class/wk ★ \$375 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				5:30			
6:30	6:30	6:30	6:30			6:00		6:30	1:30	1:30
									3:30	2:30 3:30

## Boys Recreational Gymnastics

(First Grade to 12 years old)

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

\$175 month for 1 class/wk ★ \$285 monthly for 2 classes/wk

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

\$240 monthly for 1 class/wk ★ \$375 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	Purple	Red	Blue	Red	Purple	Red	Red	Blue
11:15		11:15		11:15			11:15		11:15		9:00 11:00	9:00 11:00 12:00	12:00
3:30	4:30	3:30		3:30 4:30 5:30		3:30	4:30				2:30	2:30	2:30
5:30			5:30				6:30	6:30	6:30	5:00			

# Girls Recreational Gymnastics

(First Grade to 12 years old)

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

\$175 month for 1 class/week ★ \$285 monthly for 2 classes/week

*Instruction is given on Vault, Bars, Beam, Floor Exercise, and Tumb 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	2:30	2:30
7:30	7:30	7:30	7:30	7:30	7:30	7:30	7:30	7:30	7:30	3:30	3:30	3:30	3:30

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

\$240 per month for one class each week ★ \$375 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	9:00
5:00		5:00		5:00		5:00		5:00		10:00	10:00	10:30	10:30
	6:30	6:30	5:00		6:30	6:30	6:30	6:30		10:30	10:30	12:00	
										12:00		3:00	3:00
										3:00	3:00		

## Teen Gymnastics

(Ages 11 to 17 years)

85 minute class ★ \$240 per month for one class each week ★ \$375 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	Saturday
6:30	5:00	7:00	12:00
7:30			

## Tumbling Classes

(8-14 years)

\$175 month for 1 class/week ★ \$285 monthly for 2 classes/week

*This class teaches basics tumbling skills.*

Monday	Wednesday
7:30	7:30

## Cheer Classes

(5-13 years)

55 minute class ★ \$175 per month for 1 class per week ★ \$285 per month for 2 classes a week

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

Monday	Wednesday	Friday	Saturday
6:00 (ages 6-11)	6:00 (ages 9-13)	4:30 (ages 5-8)	12:00 (ages 9-13)
7:00 (ages 6-11)			1:00 (ages 6-12)

# 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 3pm with Openings			
Saturday 3:45	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 Saturday 2:30
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 ★ \$285      Junior Stars 1 ★ \$410      Junior Stars 2 ★ \$465      PreTeam ★ \$435

*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 Team	\$560 per month	Tuesdays & Thursdays Saturdays	3:30 – 6:30 3:00 – 6:00
Levels 4 Team	\$675 per month	Tuesdays, Thursdays	5:30-8:30
Levels 5 Team		Tuesdays, Thursdays	6:00-9:00
Levels 4/5 Team		Fridays & Sundays	5:30-8:30 12:30 – 3:30
XCel Team	\$595 per month	Tuesdays & Thursdays & Saturdays	5:15 – 8:30 2:30 – 6:00
Level 6 Team	\$800 per month	Mondays, Wednesdays, Fridays & Sundays	5:00 – 9:00 8:00 – 12:30
Level 7 Team	\$800 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	\$800 per month	Mondays, Wednesdays, Fridays & Sundays	4:15 – 8:15 2:00 – 6:30

## Boys Team Training Program

Pre-Junior Stars (5 to 8 years) ★ \$375

PreTeam (8 to 13 years) ★ \$410

*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.*

Boys Pre-Junior Stars	PreTeam
Mondays & Wednesdays 5:00 – 6:30	Tuesdays & Thursdays 3:30 – 5:30

## Competitive Boys Teams

Level 4 Team	\$595 per month	Mondays – Thursdays	3:30 – 6:00
Level 4/5 Team	\$830 per month	Mondays-Thursdays & Fridays	5:30-9:00 3:30-7:30
Team Level 8-10	\$830 per month	Mondays – Thursdays & Fridays	5:30 – 9:00 3:30 – 7:30

## Competitive Teams

### All-Star Competitive Cheer Teams

Tiny 1 Novice Local (4-7 yrs) TWINKLE	\$175 per month	Fridays	5:30-6:30
Mini 1 Novice Local (6-9 yrs) CADETS	\$310 with tumbling class	Mondays & Wednesdays	4:00 – 5:30
Mini 1 Prep Local (6-9 yrs) BIG BANG	\$310 with tumbling class	Tuesdays & Thursdays	4:00 – 5:30
Youth 1 Novice Local (7-11 yrs) LIGHT YEAR	\$310 with tumbling class	Mondays & Wednesdays	4:00 – 5:30
Youth 1 Prep Local (8-16 yrs) NEBULA	\$310 with tumbling class	Mondays & Wednesdays	5:15-6:45
Youth Flex Elite 1 (8-16 yrs) COSMIC	\$325 with tumbling class	Tuesdays & Thursdays	4:00 – 5:45
Youth Flex Elite 2 (8-16 yrs) XENON	\$340 with tumbling class	Tuesdays & Thursdays	5:30 – 7:30
Junior 1 Travel (8-16 yrs) JEDI	\$340 with tumbling class	Mondays & Wednesdays	6:30 – 8:30
Junior 2 Travel (9-16 yrs) 2INFINITY	\$340 with tumbling class	Tuesdays & Thursdays	5:15 – 7:15
Senior Co-Ed 3 Travel (13-19 yrs) NUCL3AR	\$340 with tumbling class	Tuesdays & Thursdays	7:15 – 9:15

## Cheer Team Tumbling Classes

Thursday			Friday				Saturday		Sunday	
Level 1	Level 1-2	Level 3-5	Level 1	Level 1-2	Level 2	Level 3-5	Level 1	Level 2	Level 1	Level 2
4:00			3:30 4:30	5:30	6:30	7:30	9:00 11:00 12:00 1:00	10:00	1:30 3:30	2:30
	5:30	8:00								

# Adult Gymnastics Classes

(Must be 16 years or Older)

\$30.00 per Class with a 10-Class Card or \$45 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.*