Gold Star Gymnastics
Class Schedule
2026-2027

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

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	M1	M2	M3	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	9:00	
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	10:30	
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	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	5:30		5:30	5:30						
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	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.

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

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

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

11/3/2026

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 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				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				
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			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	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	
										1:30		1:30	
											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	Thursday	Friday	Saturday
7:30	6:30	3:30	12:00

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	Sunday
6:00	6:00	2:00
7:00	7:00	

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.

Competitive Teams

Girls Team Training Program

(4 to 8 years)

Pre-Junior Stars ★ $285 Junior Stars 1 ★ $410 Junior Stars 2 ★ $465 Girls Silver★ $410 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	Girls Silver	PreTeam
Mondays & Wednesdays	Mondays & Wednesdays	Tuesdays, Thursdays, & Fridays	Mondays 5:30-7:30 & Fridays 4:00-6:00	Mondays & Wednesdays
3:30 – 4:30 4:30 – 5:30	3:30 – 5:30	3:30 – 5:30	Wednesdays 5:30-7:30 & Saturdays 3:00-5:00	5:00 – 7:30

Competitive Girls Teams

Level 3	$560 per month	Tuesdays & Thursdays Saturdays	3:30 – 6:30 1:00 – 4:00
Levels 4 Team	$675 per month	Tuesdays, Thursdays, Fridays & Sundays	5:30 – 8:30 12:30 – 3:30
Levels 5 Team	$675 per month	Tuesdays, Thursdays, Fridays & Sundays	6:00-9:00 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 & Sundays	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

Competitive Boys Teams

Pre-Junior Stars (4-6 yrs)	$285 per month	Tuesdays & Thursdays	4:00 – 5:00
Junior Stars (6-9 yrs)	$375 per month	Mondays & Wednesdays	5:00 – 6:30
Team Level 4	$595 per month	Mondays – Thursdays	3:30 – 6:00
Team Level 5	$830 per month	Mondays – Fridays & Fridays	3:30 – 7:00 3:30 – 7:30
Team Level 5-8	$830 per month	Mondays – Thursdays & Fridays	5:30 – 9:00 3:30 – 7:30

Competitive Teams

All-Star Competitive Cheer Teams

Performance Team (6-12 yrs)	$175 per month	Sundays	1:30 – 2:30
Tiny 1 Novice Local (4-7 yrs) TWINKLE	$175 per month	Sundays	12:30 – 1:30
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	5:00 – 6:30
Youth 1 Prep Local (8-16 yrs) NEBULA	$310 with tumbling class	Mondays & Wednesdays	6:00 – 7:30
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	7:15 – 9:15
Junior 3 Travel (9-16 yrs) JUPIT3R	$340 with tumbling class	Tuesdays & Thursdays	5:45 – 7:45
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 3-5	**Level 1 Beg**	**Level 1 Adv**	**Level 2**	**Level 2 Adv**	**Level 3-4**	**Level 1**	**Level 1-2**	**Level 2**	**Level 1**	**Level 2**	**Level 3**
8:00 pm	4:00 pm	6:00 pm	5:00 pm	7:00 pm	7:45 pm	9:00 am 11:00 am 1:00 pm	10:00 am	12:00 pm	10:00 am 12:00 pm	10:00 am 11:00 am	1:00 pm

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 3:45	Sunday 12:00 Sunday 1:30 Sunday 3:45	Sunday 12:00 Sunday 1:30 Sunday 3:30	Sunday 12:00	