

Gymnastics, Che

Gymnastics, Cheer Technique & Tumble Sessions:

Winter 1 (9 weeks)	Jan 5-Mar 8
Winter 2 (9 weeks)	Mar 9-May 17 (Omit Mar 30-Apr 5)
Spring (4 weeks)	May 18-Jun 14 (Omit May 25-28)

Preschool Program Ages 2-6 years

Our preschool program is designed to introduce fun gymnastics as your child builds strength, flexibility and confidence. Often events are taught using circuits that keep your child focused, moving and learning in a gymnastics classroom setting. Each child will do all of the events: floor, bars, beam and vault. Our equipment is appropriately sized for safety and to enhance your gymnast's learning experience. Preschool/Recreation and Tumbling Director, Brenda Lionas, ext. 216.

Tumble Stars –Parent/Child class for 2-3 years (50 minutes)

Parent and child get to share the excitement of gymnastics and learning as you rotate through gymnastics events together. Parents learn to help their child by spotting and get to share in their milestones as the coach supervises and spots the more challenging stations. The skills are designed to build gross motor control, develop coordination and physical awareness.

Mon	10:30 am
Wed	10:30 am
Sat	9:00 am

Future Stars–for ages 3½-4 years (55 minutes)

Basic gymnastics skills are introduced and developed through drills, stations and spotting appropriate to your gymnast's level. Mini-cartwheels, forward rolls, backward rolls, supported pullovers on bars and beam skills are covered in this class.

Mon	9:30 am	4:30 pm
Tues	10:00 am	5:00 pm
Wed	9:30 am	4:30 pm
Thurs	11:00 am	6:00 pm
Sat	10:00 am	11:00 am

Superstars for ages 5-6 years (55 minutes)

Gymnastics skills are expanded as your gymnast progress through age appropriate drills, stations, and spotting techniques. Skills that your gymnast will develop include cartwheels, handstands, bridges, pullovers and rolls on the balance beam. **All Future Stars weekday times before 3:00 pm are available for Superstars.**

Mon	5:30 pm
Tues	6:00 pm
Wed	5:30 pm
Thurs	5:00 pm
Fri	5:30 pm
Sat	10:00 am 11:00 am

Recreational Program Ages 7 & up

Your gymnast will work on Olympic events in a fun and safe environment. Each class builds on the knowledge and skills mastered in the previous class. The Sports Club of Novi professionals are well trained in gymnastics and movement education. Each class will assist in the development of strength, coordination, and flexibility which are the fundamentals of all sports.

Red Stars (90 minutes)

Each class will focus on strength and flexibility drills that are the building blocks for high level skills. Gymnasts will have progressions that will place emphasis on vault, beam, bars, and floor. Gymnasts will learn pullovers, cartwheels, rolls, handstands, and bridge kickovers.

Mon	5:00 pm
Tues	6:30 pm
Thurs	7:00 pm
Fri	6:30 pm
Sat	10:00 am

White Stars (90 minutes)

Gymnasts are required to have mastered the skills covered in Red Stars to be successful at this level. Skills learned at this level include back hip circles, round-off, backbend kickovers.

Mon	6:30 pm
Wed	5:30 pm
Thurs	6:30 pm
Sat	11:30 am

Blue Stars (90 minutes)

Gymnasts are required to have mastered the skills covered in White Stars. Strength, flexibility and conditioning drills are continued. Flat back on vault, stride circle on bars, back walkover and back handsprings are some of the main skills developed at this level.

Mon	6:30 pm
Wed	6:30 pm
Sat	1:00 pm

Gold Stars (90 minutes)

Gymnasts are required to master skills covered in Blue Stars. Strength, flexibility, and conditioning drills are continued. Skills trained at this level include handsprings vaults, kips on bars, and connection tumbling on floor.

Thurs 6:30 pm

Cost: 9 week session Gymnastics

	45/50/55 minutes	1 hour	1½ hours
Fitness Member	\$134	\$141	\$173
Program Member	\$138	\$145	\$178

er & Tumble



Tumbling Programs

Tumbling for Gymnasts, Cheerleaders, Dancers and Skaters to develop their tumbling skills. Coaches will instruct the tumbler with safe spotting and progressions using the trampoline and spring floor.

Tumbling for ages 6 & up (1 hour)

Beginner-basic tumbling progressions up to back walkover

Thurs 6:00 pm

Sat 9:00 am

Intermediate-back walkovers through back handsprings

Tues 7:00 pm

Thurs 7:00 pm

Sat 9:00 am

Advanced-connection tumbling, backhand springs and flips

Wed 8:00 pm

Tumbling for Dancers

Thurs 8:00 pm

Cheer Programs

Emily Bock, Cheer Director

ebock89@gmail.com

Cheer Team (Coaches approval required)

Tiny Cheer Division (Tiny Stars Cheer Team)

Preschool

Required: Tues 5:00-6:30 pm

Mini Cheer Division (Mini Stars Cheer Team)

Kindergarten-Second Grade

Required: Tues 5:00-6:30 pm

Youth Training Team

Third-Eighth Grade

Required: Tues 6:30-8:00 pm

Cost: 9 week session Cheer, Tumble

	45/50/55 minutes	1 hour	1 1/2 hours
Fitness Member	\$134	\$141	\$173
Program Member	\$138	\$145	\$178

Note: Program times, days and rates may be subject to change. Contact Programs at 248-735-8850, ext.112 for updated information. **No refunds for missed classes.**

Holiday Cheer Camps



Students learn cheerleading techniques in a fun and positive camp atmosphere. Cheerleaders will stunt, jump, tumble, and dance. Coaches will instruct the campers in our fully equipped cheer, gym and dance rooms.

Holiday Cheer Camp Days

Tues-January 2

Wed-January 3

Thurs-January 4

Holiday Cheer Camp Times

Ages 4-14 12:00-2:00 pm

Cost:	2 Hours(3 days)	Daily
Fitness Member	\$60	\$24
Program Member	\$66	\$26

For registration information contact the Programs office at 248-735-8850, ext. 112