

Gymnastics Tumbling & Cheer

Gymnastics, Tumbling & Cheer Sessions: Summer (9 weeks) Jun 17-Aug 17 (Omit Jul 4. Can pro-rate one week)

Director: Melissa Meadows

Gymnastics - Ages 2 and Up

Tumble Stars Parent/Child - Ages 2 & 3 (50 minutes)

Sat 9:00 am

Future Stars - Ages 3 & 4 (55 minutes)

Mon 4:30 pm

Tues 5:00 pm 6:00 pm

Wed 5:30 pm

Thurs 5:00 pm 6:00 pm

Sat 9:00 am 10:00 am 12:00 pm

Superstars - Ages 5 & 6 (55 minutes)

Mon 4:30 pm

Tues 5:00 pm 6:00 pm

Wed 5:30 pm

Thurs 5:00 pm 6:00 pm

Sat 9:00 am 10:00 am 11:00 am 12:00 pm

Red Stars - Ages 7 & Up (90 minutes)

Mon 5:30 pm

Tues 7:00 pm

Wed 5:00 pm 6:30 pm

Thurs 5:00 pm 6:30 pm

Sat 10:00 am

White Stars - Ages 7 & Up (90 minutes)

Mon 5:30 pm

Tues 7:00 pm

Wed 5:00 pm 6:30 pm

Thurs 5:00 pm

Sat 10:00 am 11:30 am

Blue Stars - Ages 7 & Up (90 minutes)

Mon 7:00 pm

Wed 6:30 pm

Sat 11:30 am

Gold Stars - Ages 7 & Up (90 minutes)

Wed 6:30 pm



Tumbling - Ages 6 and Up (1 hour)

Beginner

Thurs 5:30 pm

Sat 9:00 am

Intermediate

Mon 7:00 pm

Thurs 7:00 pm

Advanced

Thurs 7:00 pm

Cheerleading - Ages 3-14 (1 hour)

Ages 3-5

Tues 5:30 pm

Ages 6-10

Tues 6:30 pm

Sat 10:00 am

Ages 11-14

Tues 7:30 pm

Cheer Team

Call 248.735.8850, ext. 112 for details.

Cost: 9 week session Gymnastics & Tumbling

	50/55 minutes	1 hour	1 1/2 hours
Fitness Member	\$140	\$146	\$178
Program Member	\$144	\$150	\$182

Changes to all registrations must be made by Friday 4:00 pm the week prior to the session start date. Makeups are available, but not guaranteed. Students can prorate one week per session. No refunds for missed classes.

Gymnastics Levels and Skills



Level	Vault	Bars	Beam	Floor	Trampoline
Tumble Stars (Parent/Child age 2)	Running, Jumping, Landing	Assisted: Hanging, Swinging, Front Supports, Climbing	Assisted Basic Walks and Balancing	Rolling on inclines, Drills for Handstands and Cartwheels	Basic Bouncing
FutureStars (age 3&4)	Large Motor Skills, Landing	Hanging, Swinging, Front Supports, Climbing, Strengthening	Basic Walks and Balancing	Rolling on inclines, Drills for Handstands and Cartwheels	Basic Jumps: Tuck, Straddle, Half
Super Stars (age 5&6)	Large Motor Skills, Spring Board Drills, Squat Ons	Chin Up Pull over drills, Forward Roll Dismount	Walks and Balancing	Rolling, Handstand Drills, Cartwheels, Bridges, Back Bend Drills, Bridge Kickover Drills	Basic Jumps: Tuck, Straddle, Half, Seat Drop
Red Stars (age 7+)	Squat On, Straddle On, Spring Board Drills, Bounce to Handstand Drills	Pull Over, Front Support, Casting, Forward Roll Dismount, Candle Stick on Rings, Sole Circle Drills	Basic Beam Complex, Basic Jumps, Arabesque and Scale, Lunge Lever Lunge, Releve Holds	Bridge Kick Over Down Incline, Cartwheel, Forward Roll, Backward Roll Down Incline, Handstand, Lunge Lever Lunge	Basic Jumps: Tuck, Straddle, Half, Seat Drop, Pike Jump
White Stars (age 7+)	Spring Board Drills with Arm Circle, Handstand Flatbacks	Back Hip Circle Drills, Forward Cut, Backward Cut, Stride Hold, Sole Circle Dismount	Basic Beam Complex on Releve, Intermediate Jumps, Handstands on Low Beam	Bridge Kick Over, Back Bend, Handstand to Bridge, Bridge Stand Up, Standing Round Off	Basic Jumps, Split Jumps, Back Handspring Drills
Blue Stars (age 7+)	Handstand Flat Back onto stacked mats, Blocking Drills	Stride Circle, Cast to Horizontal, Squat On, Glide, Back Hip Circle, Pike Sole Circle Dismount, Shoot Through	Handstand on High Beam, Cartwheel on Low Beam, Half Turn, Leaps, Side Handstands, Advanced Jumps	Back Walkover, Front Walkover, Back Handspring, Leaps, Jumps, Turns	Back Handsprings
Gold Stars (age 7+)	Front Handsprings	Drop Kip, Glide, Cast Above Horizontal, Squat On, Front Hip, Underswing Dismount,	Cartwheel, Back Walkover, Full Turn, Leap/Jump Combinations	Round Off Back Handspring, Tucks, Connection tumbling, Ariels, Front Handspring	Tucks and Layouts
Tumbling (Beginner)				Bridge Kick Over, Cartwheel, Forward Roll, Backward Roll Down Incline, Handstand, Back Bend	Basic Jumps, Split Jumps, Back Handspring Drills
Tumbling (Intermediate)				Round Off, Front Walkover, Back Walkover, Back Handspring	Back Handsprings
Tumbling (Advanced)				Round Off Back Handspring, Tucks, Connection tumbling, Ariels, Front Handspring	Tucks and Layouts