

# Gymnastics Tumbling & Cheer

## OPEN HOUSE

FREE CLASSES!

August 21 • 5-7 pm

Call for details

248.735.8850, ext. 112.

### Gymnastics, Tumbling & Cheer Sessions:

**Fall 1 (8 weeks)** Sept 3-Oct 28

**Fall 2 (8 weeks)** Oct 29-Dec 22  
(Omit Oct 31, Nov 28-Dec 1, Thurs-Sun pro-rated)

Director: Melissa Meadows

Gymnastics - Ages 2 and Up

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

Mon	11:30 am
Tues	9:30 am 6:00 pm
Sat	9:00 am

Future Stars - Ages 3 & 4 (55 minutes)

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

Gold Stars - Ages 7 & Up (90 minutes)

Wed	6:30 pm
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Tumbling - Ages 6 and Up (1 hour)

Beginner

Thurs	6:30 pm
Sat	9:00 am 1:00 pm

Intermediate

Tues	7:00 pm
Thurs	7:00 pm

Advanced

Tues	7:00 pm
Thurs	7:00 pm

Cheerleading - Ages 6-14 (1 hour)

Tues	7:00 pm
Sat	11:00 am

Cost:

8 week session Gymnastics, Tumbling & Cheer

	50 minutes	55 minutes	1 hour	1 1/2 hours
<b>Fitness</b>				
Member	\$125	\$136	\$140	\$164
<b>Program</b>				
Member	\$129	\$138	\$142	\$166

No refunds for missed classes. Make ups available, but not guaranteed. Contact Programs office for make ups and registration at 248.735.8850, ext. 112.



Preschool and Recreational Appropriate Equipment Only				
Level	Vault	Bars	Beam	Floor
<b>PRESCHOOL</b> 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
<b>PRESCHOOL</b> Future Stars (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
<b>PRESCHOOL</b> 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
<b>RECREATIONAL</b> Red Stars (age 7-11)	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
<b>RECREATIONAL</b> White Stars (age 7-11)	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
<b>RECREATIONAL</b> Blue Stars (age 7-11)	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
<b>RECREATIONAL</b> Gold Stars (age 7-11)	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
Tumbling (Beginner)				Bridge Kick Over, Cartwheel, Forward Roll, Backward Roll Down Incline, Handstand, Back Bend
Tumbling (Intermediate)				Round Off, Front Walkover, Back Walkover, Back Handspring
Tumbling (Advanced)				Round Off Back Handspring, Tucks, Connection Tumbling, Ariels, Front Handspring