

Gymnastics & Tumbling



Gymnastics & Tumbling Sessions:

Winter 1 (9 weeks) Jan 3-Mar 5

Winter 2 (9 weeks) Mar 6-May 14 (Omit Apr 6-12)

Spring (4 weeks) May 15-Jun 14 (Omit May 23-25)

Director: Melissa Meadows

Gymnastics - Ages 2 and Up

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

Mon	11:30 am
Tues	10:00 am
Sat	9:00 am

Future Stars - Ages 3 & 4 (55 minutes)

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

Superstars - Ages 5 & 6 (55 minutes)

Mon	4:30 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

Red Stars - Ages 7 & Up (90 minutes)

Mon	5:30 pm	
Tues	7:00 pm	
Wed	5:00 pm	
Thurs	5:00 pm	6:30 pm
Sat	10:00 am	11:30 am

White Stars - Ages 7 & Up (90 minutes)

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

Blue Stars - Ages 7 & Up (90 minutes)

Mon	5:30 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	6:00 pm
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Advanced

Tues	6:00 pm
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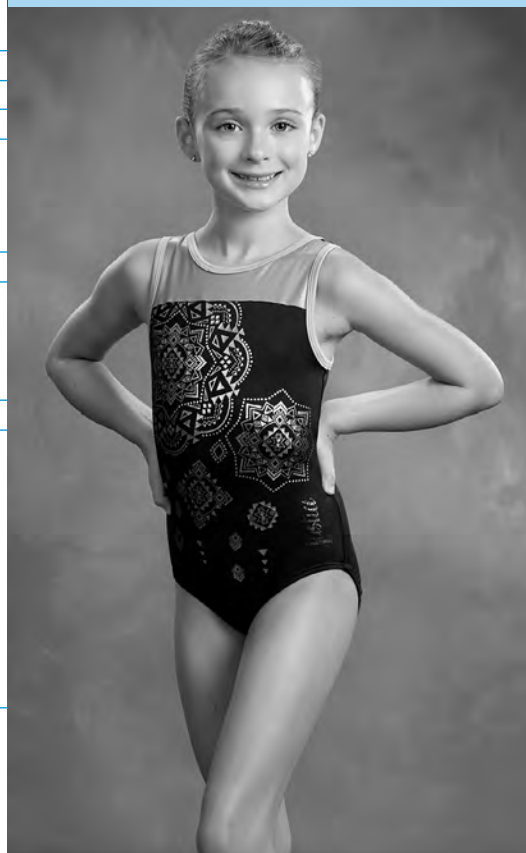
Cost: 9 week session Gymnastics & Tumbling

	50 minutes	55 minutes	1 hour	1 1/2 hours
Fitness Member	\$142	\$153	\$158	\$185
Program Member	\$144	\$155	\$160	\$187

Cost: 4 week session Gymnastics & Tumbling

	50 minutes	55 minutes	1 hour	1 1/2 hours
Fitness Member	\$62	\$68	\$70	\$82
Program Member	\$64	\$69	\$71	\$83

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.



Gymnastics Levels and Skills

Preschool and Recreational Appropriate Equipment Only				
Level	Vault	Bars	Beam	Floor
PRESCCHOOL 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
PRESCCHOOL 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
PRESCCHOOL 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
RECREATIONAL 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
RECREATIONAL 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
RECREATIONAL 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
RECREATIONAL 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