



Gymnastics & Tumbling

Gymnastics & Tumbling Sessions:

Winter 1 (9 weeks) Jan 5-Mar 7

Winter 2 (9 weeks) Mar 8-May 16 (Omit Apr 1-4, 20)

Spring (4 weeks) May 17-Jun 16 (Omit May 24-27.
Mon pro-rated to three weeks)

Director: Melissa Meadows

Tumbling

Age 6 & up (1 hour)

Beginner

Thurs 5:30 pm
Sat 9:00 am

Intermediate

Thurs 7:00 pm

Advanced

Wed 8:00 pm

Tumbling for Dancers

Thurs 5:30 pm

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

Cost: 4 week session Gymnastics & Tumbling

	50/55 minutes	1 hour	1 1/2 hours
Fitness Member	\$62	\$66	\$80
Program Member	\$64	\$70	\$84



Gymnastics

Tumble Stars

Parent/Child Age 2 & 3 (50 minutes)

Mon 11:00 am
Sat 9:00 am

Future Stars

Age 3 & 4 (55 minutes)

Mon 10:00 am 4:30 pm
Wed 11:00 am 4:30 pm
Thurs 11:00 am 6:00 pm
Sat 10:00 am 1:00 pm

Superstars

Age 5 & 6 (55 minutes)

Tues 6:00 pm 7:00 pm
Wed 5:30 pm
Thurs 5:00 pm
Sat 11:00 am 12:00 pm

Red Stars

Age 7 & Up (90 minutes)

Mon 5:30 pm
Tues 7:00 pm
Thurs 7:00 pm
Sat 9:30 am

White Stars

Age 7 & Up (90 minutes)

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

Blue Stars

Age 7 & Up (90 minutes)

Wed 6:30 pm
Sat 12:30 pm

Gold Stars

Age 7 & Up (90 minutes)

Wed 6:30 pm

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.**

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, Sping Board Drills, Squat Ons	Chin Up Pull over drills, Forward Roll Dismount	Walks and Balancing	Rolling, Hanstand 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, Hanstand 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, 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

Gymnastics Levels and Skills



All-Star Cheerleading



All-Star Cheerleading Sessions:

Winter 1 (9 weeks) Jan 5-Mar 7

Winter 2 (9 weeks) Mar 8-May 16 (Omit Apr 1-4, 20)

Spring (4 weeks) May 17-Jun 16 (Omit May 24-27, Fri-Sun pro-rated to three weeks)

Director: Melissa Meadows

Cheer Classes (60 minutes)

Cheer Technique Age 3-5

Tues 5:30 pm

Cheer Technique Age 6-10

Tues 6:30 pm

Cheer Technique Age 11-14

Tues 7:30 pm

Cost:

Fitness Member **\$146**
Program Member **\$150**

All-Star Mini Cheer Team Tryouts

Apr 15 6:00-7:00 pm

All Levels and ages 3-8 welcome to come and tryout, no prior experience needed.

Holiday Cheer Camp

Ages 4-10

Jan 2, 3, 4 12:00-2:00 pm

Apr 1, 2, 3 12:00-2:00 pm

Cost:	2 Hours(3 days)	Daily
Fitness Member	\$60	\$26
Program Member	\$66	\$28

One Day Cheer Clinics

Age 4-10

Jan 21 9:00-11:00 am

Feb 19 9:00-11:00 am

Cost:

Fitness Member	\$26
Program Member	\$28



All-Star Cheerleading Programs

	Holiday Cheer Camps	Cheer Technique Classes	Mini Cheer Team
Age Groups	Ages 4-14	Ages 3-6, Ages 6-10, Ages 10-14	Ages 4-8
Level	1	1	1
Class Length	2 hours per day, 3 days in a row	1 hour per day, 1 day per week, 6-8 week session	2 hours per day, 2 days per week, 1 year
Description	Basic cheerleading skills will be learned in a camp format. Campers will learn a short cheer routine to music and perform for parents at the end of the last day.	All are welcome. No experience required. Introduction to cheerleading class. Students will learn basic jumps, stunts, tumbling, and cheer dance. Low level of commitment.	Tryout required. This team competes at local level 1 cheer competitions with their cheer dance routine. High level of commitment. All Star Cheerleaders learn skills and compete against other All Star Cheer Teams. They do not cheer for an athletic team.
Tumbling Skills	Forward and Backward Rolls, Cartwheels, Handstands, Round Offs, Front Walkovers, Back Walkovers		
Trampoline	Tuck Jumps, Toe Touches, Pike Jumps, Herkies, Jump Combinations, Round Offs		
Jumps	Tuck Jumps, Toe Touches, Pike Jumps, Herkies, Jump Combinations		
Stunts	Low Elevators, High Elevators, Straddle Sit, Single Leg Stunts at knee or waist level, two-foot prep cradle.		
Cheer Dance Routine	Set to music: Jazz and hip hop dance, traditional motions, jumps, tumbling, stunting and pyramids.		

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