

Competitive Gymnastics Teams

Gold Star Gymnastics offers beginning to advanced level training for those aspiring to become a competitive gymnast.

We nurture even the faintest ones, from our youngest TOPS sponsored by USA Gymnastics to our elderly athletes trying for a berth on a collegiate team, we offer a wide variety of USA Olympic gymnastics.

And because we train hard, we compete hard. We seek out competition that are the most challenging, the most inspiring. We don't always go to win... sometimes it is just an exposure to state towards the goal you set in training...this is what will get you to the next step...and the next step...

*Our teams and individuals travel across the United States and are invited internationally as well. To raise competition funds for our athletes, we work hard with a wonderful non-profit community based organization, **The Children's Athletic Foundation**.*

The athletes, the coaches, the parents and the community...together we develop "champions" that for final winners throughout the year...they benefit our competitive teams.

*We believe in competition.
We train for competition.
We win in competition.
We are the Competition.*

Award Winning USA TOPS Program!

We use our F.A.S.T Program to train and condition our younger (and older!) athletes. Flexibility And Strength Training will create a base for a successful TOPS athlete.

We encourage ALL of our athletes to participate in this highly energized and effective special training.

GOLD MEDAL Pro Shop

Watch for Pro Shop Specials with great coupons in our periodic newsletters and on our web site!

We offer a wide selection of girls leotards and short, hand guards and wristbands, small gym bags, gymnastics jewelry and pins...and GREAT ORIGINAL T-SHIRTS! Come see us for your choices!

X-MAAT Martial Art Acro Training

Special class for students wishing to take their own martial art training to a new level...learn to acro within your martial art form!



ROCK ON

Our newest program, Rock On, traverse wall climbing! Guaranteed to be challenging, yet safe as students are never more than a few feet off the floor as they climb across the wall. No ropes, harnesses or other special equipment is needed.

The benefits of the wall are endless:

- fitness
- strength-building
- confidence-building
- balance
- coordination
- trust
- teamwork
- FUN-FUN-FUN

- cooperation
- problem-solving,
- risk-taking
- communication
- courage-building
- patience-building
- endurance-building
- leadership

