

Girls School Age Boys Gymnastics



Staff

Gold Star selects its staff based first & foremost, on their love for children and their strong desire to be good educators of these children. We then select qualities conducive to gymnastics safety & patience in teaching proper progressions. Working with kids is a very rewarding and fulfilling life-long commitment! We want your "star" to "shine"

If you are new to Gold Star Gymnastics please use our **FREE** 15 minute evaluation to allow us to properly place your child. Call us for an appointment.

PARENT ALERT!

Gold Star Gymnastics recognizes that through organized sport, children inherently learn the tremendous importance that motor development plays on their maturity. We mix strength, agility, flexibility and movement within the gymnastic skills to help develop and balance the youngsters enrolled in each of our

Philosophy

programs. If children are given the opportunity to learn more about themselves and their world through movement, they will mature into wonderful, well-developed young people. Each activity is presented in a safe manner that is fun, exciting and adventuresome!

Apparel

What does a **Gold Star** student wear?

Girls
Leotard of any color... must wear tights with the feet cut off. NO SOCKS. HAIR MUST BE SECURED BACK OFF THE FACE AND NECK. NO JEWELRY!

Boys
T-shirt tucked into shorts with no zippers or snaps. NO SOCKS. NO JEWELRY!

Class Structure

How are the classes organized?

Our girls and boys classes are among the best in the industry! We have a unique skill advancement system, the Bronze, Silver & Gold Star Programs... and it is incredible! Girls and boys are enrolled into their own separate classes, by age, and by skill level.

Skill Posters!

Each of the main skill levels, Bronze, Silver, Gold have multiple levels within. There are 14 skill levels in all, each having its own award poster! Advancement is easy and fun!

Students are given new posters as needed.

Bronze Level-Novice to Beg

Topic: 1-9 All ages and grades
As a beginner, students begin to develop good gymnastics fundamentals through exposure to gross & fine motor skills. For students with little or no experience in gymnastics

Silver Level-Beg Inter to Inter)

Topic: 1-10 All ages and grades
By using the skills developed in the beginning Bronze Levels, the results are in the greater learning of gymnastics skills. The maturity is seen the most at this Silver Level.

Gold Level-Inter to adv

Topic: 1-10 All ages and grades
By reaching the Gold Levels, the students find they are reaching a good solid skill level on which to build the more complex skills.

NEW activity within our classes!

