

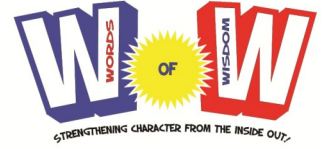


Gymnastics • Karate • Dance  
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# STARBURSTS



**EVERYTHING YOU NEED TO KNOW ABOUT OUR STARBURSTS!**

**AGES 8 & UP**

## Welcome to Starbursts Gymnastics!

Starbursts is the third level gymnastics class for students 8 years old and up. This is a 1 hour 30 minute traditional gymnastics class with a cardio warm-up and full stretch, followed by three circuits on floor, balance beam, vault, and bars. Gymnastics goals of the class include standing back handspring, round off-back handspring, front handspring, sole circle dismount on bars, squat on, cartwheel on balance beam, baranni dismount, front handspring vault, and more! Basic concepts of our Words of Wisdom program will be included during each warm-up and throughout the class (friendship, manners, courage).

## CLASS REMINDERS



- ★ Use the restroom **BEFORE** class
- ★ Have long hair tied back
- ★ Please have bare feet during class



### BASIC CLASS GOALS

- Back Handspring
- Round off-Back Handspring
- Sole Circle
- Squat on
- Cartwheel on beam
- Front Handspring Vaults
- and MORE!

### POSITIONS & TERMS

Each class we will incorporate a position focus:

- **Hollow Body**
  - Arch
- **Stretch**
- **Lunge**
- **Stuck landing**
- **Finishing positions**
  - and MORE!

### WOW FOCUS

- Friendship
- Manners
- Courage
- Charity
- Commitment
- Responsibility
- Teamwork
- Confidence
- and MORE!

Our goal is to make sure that every gymnast gets the most out of their time with us, so they will be placed in skill and age appropriate classes. Coaches will monitor and record each gymnast's progress on a continuous basis and we will notify you as soon as your child has mastered all of the goals of their class and is ready to move up to the next level.

Your child's safety is our top priority, so our coaches will teach skills using proper progressions. This requires that certain skills be mastered before moving on to more difficult ones.



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