



STARLIGHTS

EVERYTHING YOU NEED TO KNOW ABOUT OUR STARLIGHTS!

AGES 8 & up

Welcome to Starlights Gymnastics!

Starlights is a 1 hour long gymnastics class for students 8 years & up. This is a traditional gymnastics class with a cardio warm-up and full stretch, followed by three circuits on floor, balance beam or vault, and bars. Gymnastics goals of the class include cartwheels, handstands, forward & backward rolls, bridge kick over, back bend, walking on high balance beams in all directions, proper board drills and running, pullover on the bars, casting, straight body swings on high bar, 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

Cartwheel
Bridge Kick over
Back Bend
Handstand
Rolls
Pullover
Board Drills
Casting
and MORE!

POSITIONS & TERMS

Each class we will incorporate a position focus:

- Tuck
- Pike
- Straddle
- Lunge
- Safe Landing
- Squat
- 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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