

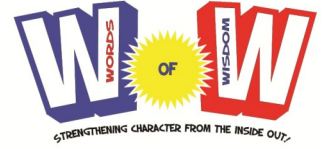


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# SUPER STARS



**EVERYTHING YOU NEED TO KNOW ABOUT OUR SUPER STARS! AGES 8 & UP**

## Welcome to Super Stars Gymnastics!

Super Stars is the fourth level gymnastics class for students 8 years old and up. This is a 1 hour 45 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 tuck, round off back handspring-back tuck, front handspring-front tuck, kip, fly-away dismount on bars, back walkover on balance beam, salto dismounts, twisting vaults, 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

- Standing back tuck
- Round off-Back Handspring-Back Tuck
- Kip
- Flyaway
- High Beam Acros
- Twisting 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. This level is eligible for our recreational Performance Team (black 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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