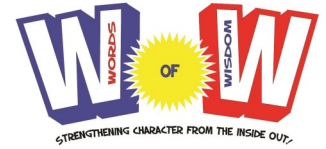




SUPER STARS



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 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, flyaway 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 all hair tied back (**BUN**)
- ★ 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.

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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