

2010 Winter Schedule Semester 3

9 Weeks




3123 Gulf Breeze Parkway
Gulf Breeze, FL 32563
(850) 932-2297

Parent & Tot Starz 18 months-2 yrs

This is a 50 minute parent participation class filled with age appropriate gymnastics equipment, music and activities. Children will use large *motor skills, balance and hand eye coordination as they explore through stations while the instructor works individually with each child and parent. Children will learn social skills through play in a fun, safe and positive environment.

Parent & Tot Starz Class Times

	Tuesday 18 M-3 yrs- private Mom's Club 9:15-10 KM	Wednesday 18 M-3 yrs 10:00-10:50 am KM
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Starz Preschool Gymnastics 3-4 yrs

For Preschoolers, acquiring a healthy learning attitude is far more important than mastery of specific skills. Our carefully designed curriculum is exactly what children need most during these formative years. This FUN 50 minute class will help children develop coordination, strength, balance, and flexibility as well as learning social skills of taking turns, following directions and working with others and developing self esteem.

Starz Preschool Class Times

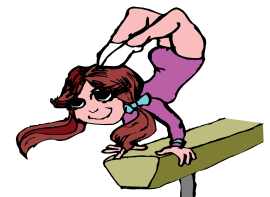
Monday	Tuesday	Wednesday	Thursday	Sat
	Young 3's 10:00-10:50a KM		Young 3's 4:40-5:30 KM	Teeny Starz 3 yr olds 10-10:50A 4 yr olds 11-11:50A
Tiny Starz 3 1/2- 4 yrs 5:35-6:25 KM		Tiny Starz 3 1/2- 4 yrs 4:40-5:30 5:35-6:25 KM	Tiny Starz 3 1/2- 4 yrs 10:00-10:55 KM	

Bright Starz Gymnastics 5 yrs

This class is the introduction to our BIG gym. This 50 minute class will help children develop coordination, strength, balance, and flexibility as well as learning social skills of taking turns, following directions and working with others and developing self esteem.

Bright Starz Class Times

Monday	Wednesday	Thursday	Saturday
3:30-4:25 Tiger	5:30-6:25 Tiger	3:30-4:25 Sunny	9-9:50



Girls Gymnastics-STARZ 6 & up

This class teaches the basics of gymnastics including strength, flexibility and coordination. All our STARZ classes have a pre-constructed curriculum that focuses on specific skills used to progress each student through gymnastics at their own pace. This class will be taught on all four olympic events: vault, bars, beam, and floor; as well as tumble track and conditioning.

Girls Gymnastics Starz Class

Monday	Tuesday	Wednesday	Thursday	Fri
L1 6-8yo 3:30-4:25 Kelly 4:30-5:25 Tracy	L1 6-8 yo 3:30-4:25 Rachael	L 1 6-8 yo 3:30-4:25 RO 9+ yrs 3:30-4:25 Kelly	L1 6-8 yo 5:30-6:25 Sunny	L1 6-8 yr 3:30-4:25 Rachael
	L2/3 6-9 yo 530-625 6:30-7:25p Rachael 6:30-7:25 10+ Tiger		L2/3 6-9 yo 530-625 10 +yo 6:30-7:25 Tiger	L 2/3 Any age Rachael


Classes Start Jan 24-March 27, 2010-Make ups can be scheduled through front desk for classes or Open Gym. 1/26/10 sky



Tumbling-Level 1-3 6 yrs & up

Level 1– works on developing floor tumbling skills. This includes flexibility, air awareness, coordination, and strength. The class begins with the basic building blocks of tumbling and progresses with a focus on the proper execution of the round off and back handspring. **Level 2**-Focus begins with the connection of the round off back handspring and more advanced tumbling and strength. *Prerequisite: Standing back handspring (on wedge mat, into pit at floor level, or with light spot on floor) and proper execution of round off.* **Level 3**-Focus starts on the round off back handspring, back tuck and then progresses towards more difficult tumbling skills with front tumbling. *Prerequisite: Round off back handspring series or standing back tuck.*

Tumbling Level 1-3 Class Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1 9 yr + 5:30-6:25 Tiger	Level 1 6+ 4:30-5:25 Rachael	Level 1 6-10yrs 3:30-4:25 Tiger 4:30-5:25 Any age Rachael	Level 1 6-10 yr old 3:30 –4:25 Tiger 6:30-7:25 Sunny		L1/2-6-9 yr old 9:00-9:55 L 1/2 Age 10+ 10:00-10:55 Tiger
Level 2 4:30-5:25 Tiger		NYSA 4:30-5:25 Jeremy	L2 3:30-4:25 Any Age Rachael	Level 1/2 4:30-5:25 Jeremy	
L3 6:30-7:25 Tiger	L3/4 7:30-8:25 Tiger+	NHS 630-725 Tiger/Kelly	Level 2/3 10+yrs 7:30-8:25-Tiger/ Jeremy		

**Cheer Tumbling
4 yrs & up**

This class is for the student who wants to focus on tumbling, jumps and motions of cheerleading. Some cheer stunting may be done if the class is large enough to participate. This class works mainly on floor, tumble trak and pit tumbling with focus on strength and flexibility as well. This is an ideal class for learning all aspects of All-Star cheerleading.



**Cheer Tumbling
Class Times**

Thursday
6 yr + 4:30-5:25
10 yr + 5:30-6:25 Rachael

Boys Gymnastics 6 yrs

Focus is on the skills of men's gymnastics from the beginner skills to the more advanced. Works on building strength, flexibility and coordination.

Boys Class Times

Tues	Wed	Thur
5-9 yr 3:30-4:25 Tiger 5:30-5:25 Sunny 10+ 5:30-6:25 Tiger	5-9yr 4:30-5:25 Tiger	9-12yr 4:30-5:25 Sunny
L2 4:30-5:25 Tiger		



**ADULT WOMEN'S
GYMNASTICS
CLASS
Thursday 7-8:15P
Coach Kelly**

**Girls Gymnastics
Mighty Starz \$155/M
Power Starz \$165/M**

This class is for the gymnast that would like to spend a little more time in the gym or prepare to join our girls competitive team. Gymnast must be evaluated to be placed in appropriate time and must attend twice per week.

**TRAMPOLINE CLASSES
Tuesday 7pm adult w/ Joshua
Sat 11:00 w/ Tiger**

Annual registration fee of \$45 due at the time of registration.
\$75 family registration

Tuesday	Thursday
4-5:30 5:30-7:30	4-5:30 5:30-7:30

**Open Play Time-1 hr
\$8 T/W; \$10 Sat; hr**

Tues	Wed	Sat
11:00 Bounce	9:00 Gym	9:00 Gym

**Open Gym
6yrs & up-\$15**

Friday	Saturday
7:00-9pm	1:00-3pm

All Class Semester Fees-Jan 25-March 27, 2010

9wks-No Holidays

9 wks 50-55 min	8 wks	7 wks	6 wks	5 wks	4 wks	3 wks	2 wks
\$135	\$122	\$110	\$98	\$84	\$68	\$51	\$35
2nd class \$118.80	\$107.36	\$96.80	\$86.24	\$73.92	\$59.84	\$44.88	\$30.80