

Girls School Age Gymnastics Class Descriptions (Ages 5–18 years old)

Girls Super Stars Class Description

(Ages 5 – 18 years old):

For our Girls Super Stars, we have designed an exciting program to work on progressions and beginner gymnastics skills on vault, bars, beam, floor, and trampoline/tumble trak. Our students will develop strength, flexibility, and coordination while learning new gymnastics skills. As they learn new skills, gymnastics will be fun and exciting along with the added benefit of increased self-esteem. We track each gymnast's progress with our ribbon reward program. Once the gymnast completes their skill card they will be ready for Girls Super Stars Advanced.

Girls Super Stars Advanced Description:

For our Girls Super Stars Advanced, we have designed an exciting program to work on progressions and advanced gymnastics skills on vault, bars, beam, floor and trampoline/tumble trak. Our students will develop strength, flexibility, and coordination while learning new gymnastics skills. As they learn new skills, gymnastics will be fun and exciting along with the added benefit of increased self-esteem. We track each gymnast's progress with our ribbon reward program. Once the gymnast completes their skill card they will be ready for Girls Elite Stars or Girls Pre-Team.

Girls Elite Stars Class Description:

Girls Elite Stars is for the now higher level gymnast who has completed the Girls Super Stars Advanced Program and is not interested in competing. This class will focus on upper level skills and progressions on every event. Conditioning and flexibility will become an important part of this program in order to improve their gymnastics skills.