

# Girls' GymStars Class Schedule Summer 2012

Ø Select your class or classes based on the grade your child will be entering in the fall.

**Boys:** Please see our Trampoline & Tumbling class schedule.

**Level 1**— all classes are 65 minutes long. We recommend 1-2 classes per week.

<i><b>Monday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Saturday</b></i>
10:45-11:50 Girls 1 <sup>st</sup> – 3 <sup>rd</sup>			10:55-12:00 Girls 1 <sup>st</sup> – 3 <sup>rd</sup>
	1:45-3:00 DanceNastics ages 6-7	4:15-5:20 Girls 2 <sup>nd</sup> +	12:00-2:00 <i>Saturday Workout</i> \$10 per student
4:00-5:05 Girls 1 <sup>st</sup> – 3 <sup>rd</sup>	4:00-5:05 Girls 3 <sup>rd</sup> & Up	<b><u>Open Gymnastics</u></b> Fridays 1:00-2:30 For Ages 5-12  This is unstructured play time in the gym for all! Open to gymnasts & non-gymnasts alike. Instructors will be present to enforce safety rules. \$10 per child for members and guests. (\$15 for non-members.)	
5:15-6:20 Girls 3 <sup>rd</sup> & Up	5:15-6:20 Girls 1 <sup>st</sup> – 3 <sup>rd</sup>		

**Level 2**— all classes are 80 minutes long. We recommend 2 classes per week. Instructor approval required.

<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Saturday</b></i>
4:00-5:20 1 <sup>st</sup> -3 <sup>rd</sup> Graders	4:00-5:20 3 <sup>rd</sup> & Up	11:15-12:35 All Ages
5:30-6:50 Girls 3 <sup>rd</sup> & Up	5:15-6:35 1 <sup>st</sup> -3 <sup>rd</sup> Graders	

**Levels 3 & 4**— classes are 90 minutes long. We recommend 2 classes per week. Instructor approval required.

<i><b>Tuesday</b></i>	<i><b>Thursday</b></i>
5:30-7:00 Girls Level 3 & 4	5:30-7:00 Girls Level 3

## Gymnastics Teams & Pre-teams

Airborne has a variety of Gymnastics Team programs for girls. We have teams that meet only two days per week, and we have teams that practice six days per week. The choice of commitment level is yours! Our advanced competitive teams have won many awards and championships at the state, regional, and national levels. Our team coaches are all former competitors themselves, with specialized training in gymnastics technique, sports psychology, gymnastics safety, and exercise physiology.



Our team & pre-team program includes girls ages five through high school. All our athletes are expected to do their best and work hard every practice. We are working on life skills as well as gymnastics!

We also have Tumbling & Trampoline competitive teams for boys and girls.

### **Pre-Team Try-outs**

If your daughter would like to try-out for pre-team, please call our office or e-mail our coaching staff,  
[gymnasticsteam@airbornegym.com](mailto:gymnasticsteam@airbornegym.com)



# GymStars Gymnastics

## for Students entering First Grade and Older

### Summer 2012



Gymnastics & Dance  
1816 Boston Ave., Longmont, Colorado  
303-651-1456 [www.airbornegym.com](http://www.airbornegym.com)

Gymnastics is an unsurpassed children's activity for building fitness as well as teaching essential life skills. Our developmental GymStars class program is non-competitive and individually paced. Gymnastics is an individual sport, and children will progress at their own rates. Older students generally progress more quickly than younger students do.

### Our Staff

Our teachers are specially selected and trained to safely bring out the best in each child. Although the majority of our GymStars teachers have personal gymnastics experience, when recruiting staff members we look more for personality than experience. We look for people who have a sincere enjoyment of children, a high energy level, and a love of gymnastics. We have found that the technical knowledge and teaching methods of gymnastics can be taught, but we cannot change someone's personality. What results from looking for these personality traits is a more child-friendly staff, which is extremely important at the school age level.

### Our Goals

Our goal in the GymStars program is to instill a life-long love of fitness in young athletes. Since gymnastics is the basis of all sports activities, we at Airborne aim to help children attain the strength, balance, power, flexibility, and kinesthetic awareness that will help them excel in whatever activities or sports they ultimately choose. Competitive gymnastics is available to any Airborne student who wishes to pursue it, although we also offer a non-competitive track for students who want to continue learning skills in a non-competitive environment.

### Our Philosophy of Gymnastics

Gymnastics is not merely a sport, but rather a great activity for every developing child. We feel that in addition to the physical skills gymnastics teaches it also prepares children for life academically and socially.

- Ø *Academically:* memory and organization.
- Ø *Socially:* Goal setting, hard work, perseverance.
- Ø *Physically:* With childhood obesity on the rise, what could be healthier than learning early that exercise is fun?

### Class Structure

We start each class with 15 minutes of general fitness activities, which includes five minutes of cardiovascular fitness, muscular strength, and muscular endurance activities followed by 10 minutes of stretching and flexibility. After this warm-up, gymnasts will work a variety of skills on three of the gymnastics events per week. Skills and events will vary from week to week between floor exercise and tumbling, balance beam (for girls only), uneven parallel bars, vaulting, and trampoline.

Classes are divided by grade and ability. Level 1 classes are 65 minutes long, Level 2 classes are 80 minutes long, and Level 3 classes are 90 minutes long. Most students attend class once or twice per week. We do provide discounts for attending more than one class per week and for multiple children in one family. Please see our Class Price List & Class Policies page for more information regarding our discount program.

Students in Level 3 & 4 classes may move into one of our pre-competitive programs which feed into our competitive teams: Colorado Gymnastics, USA-Gymnastics, or USA-T&T.

### In Which Class Should My School-Age Child Enroll?

Children should enroll in a gymnastics class based on the grade they will be entering this fall. It is truly best for the child if they stay in the age group they belong in versus trying to take class with a friend or sibling. Students new to gymnastics should start in a Level 1 class. Students previously enrolled in a Level 2, 3, or 4 class who have been out of classes for more than six months should be evaluated before re-enrolling.

### Saturday Workout

This workout is for students entering first grade and older who are currently enrolled in classes at Airborne. Students are expected to work on gymnastics the whole time and not play around. During the summer, we do make an exception and allow students who were enrolled in our Spring Semester to attend Saturday Workout during the summer, even if they are not enrolled in a summer class.

**Be Prepared:** Please be sure your child is ready for class when they enter the gym. Hair should be pulled back, jewelry removed, and drinks and restroom breaks taken care of before class starts.

#### Dress Code:

Ø **Girls:** must wear a one-piece leotard. Snug fitting shorts may be worn over the leotard.

Ø **Boys:** Snug fitting gym shorts and a T-shirt.

*Please, no jeans, jean shorts, or footed tights as these are unsafe for your gymnast.* Hair must be secured away from the face. We will supply rubber bands to children who forget to pull their hair back. If your child's hair can interfere with his or her vision, it needs to be pulled back.

**Jewelry:** Please have your child remove all jewelry before class starts. Stud-style earrings will be permitted, although we prefer you remove those as well. Jewelry can easily get caught on things (such as a spotter's hand) and be broken or cause injury to your child or a teacher. Children will be asked to remove any jewelry they wear into the gym. Airborne is not responsible for lost or stolen items