

# Five Star Sports & Entertainment Academy

21 Ryder Place, East Rockaway, NY 11518

Tel: 516 887 6600 Fax: 516 887 6635

[www.5starsportsacademy.com](http://www.5starsportsacademy.com)

## 2017 SUMMER GYMNASTICS & ACRO TUMBLING SCHEDULES

<i>TIME - PM</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>5:00-6:00</b>	STARS & TYKES 3-4 yrs	STARS & TYKES 3-4 yrs	STARS & TYKES 3-4 yrs	STARS & TYKES 3-4 yrs
<b>5:00-6:00</b>	GIRLS TRANSITION 5-6 yrs	GIRLS TRANSITION 5-6 yrs	GIRLS TRANSITION 5-6 yrs	GIRLS TRANSITION 5-6 yrs
<b>5:00-6:00</b>	BEGINNER ACRO-TUMBLING	BEGINNER ACRO-TUMBLING	BEGINNER ACRO-TUMBLING	BEGINNER ACRO-TUMBLING
<b>5:00-6:30</b>	GIRLS RECREATION 7-12 yrs	GIRLS RECREATION 7-12 yrs	GIRLS RECREATION 7-12 yrs	GIRLS RECREATION 7-12 yrs
<b>6:00-7:00</b>	INTERMEDIATE ACRO-TUMBLING	INTERMEDIATE ACRO-TUMBLING	INTERMEDIATE ACRO-TUMBLING	INTERMEDIATE ACRO-TUMBLING
<b>6:30-8:00</b>	GIRLS RECREATION 13-17 yrs	GIRLS RECREATION 13-17 yrs	GIRLS RECREATION 13-17 yrs	GIRLS RECREATION 13-17 yrs
<b>6:30-8:00</b>	GIRLS ACCELERATED 7-17 yrs	GIRLS ACCELERATED 7-17 yrs	GIRLS ACCELERATED 7-17 yrs	GIRLS ACCELERATED 7-17 yrs
<b>7:00-8:00</b>	TUMBLING DROP-IN \$20.00 <b>ALL LEVELS</b> 7-13 years	TUMBLING DROP-IN \$20.00 <b>ALL LEVELS</b> 7-13 years	TUMBLING DROP-IN \$20.00 <b>ALL LEVELS</b> 7-13 years	TUMBLING DROP-IN \$20.00 <b>ALL LEVELS</b> 7-13 years
<b>8:00-9:00</b>	TUMBLING DROP-IN \$20.00 <b>HIGH SCHOOL</b> 14-17 years	TUMBLING DROP-IN \$20.00 <b>HIGH SCHOOL</b> 14-17 years	TUMBLING DROP-IN \$20.00 <b>HIGH SCHOOL</b> 14-17 years	TUMBLING DROP-IN \$20.00 <b>HIGH SCHOOL</b> 14-17 years
<b>9:15-10:45</b>		Adult Gymnastics Drop-In Class \$20.00		

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### PROGRAM DESCRIPTIONS

**Stars & Tykes (ages 3-4)** – Students receive encouraging positive reinforcement to help them develop basic gymnastics expertise needed to develop future gymnastics skills on all apparatus. This class is also designed to build self-esteem and further develop the beginnings of your child's independence. Running, jumping and gymnastics skills are taught using safe, state-of-the-art gymnastics equipment.

**Transition (ages 5-6)** – At this stage, learning is intensified through more challenging activities and skills designed to further develop hand-eye coordination, gross motor proficiency and the spirit of group cooperation. Classes are no longer co-ed. Girls are taught to do uneven bars, balance beam, floor exercise, the vault, the tumble track and the trampoline. All instructors use skill progressions to develop and monitor student progress.

**Recreation (ages 7-17)** – Building on the skills acquired in Transition, students are taught intermediate to advanced skills on all the apparatus. Students at this stage should know all basic positions and will follow a course of instruction designed to provide a thorough grounding in all skills, including round-offs, front and back walkovers, front and back handsprings, with sequences and progressions tailored to the student's skill level.

**Accelerated (ages 7-17)** – Girls are taught advanced through team level skills and must be able to perform a back handspring on their own before enrolling in this class. NOTE: STUDENTS MUST BE TESTED **BEFORE** ENTERING THIS LEVEL TO ENSURE ALL NECESSARY SKILLS ARE IN PLACE. Instructors closely monitor student progress and depending on student's ability and interest, may be considered for USAIGC Team Placement.

**Beginner Tumbling (ages 5-12)** - Skills Covered: Forward & Backward Rolls, Handstands, Cartwheels, Round-Offs, Dive Rolls, Front & Back Walkovers

**Intermediate Tumbling (ages 10-17)** - Skills Covered: Standing Back Handsprings, Round-Off Back Handsprings, Back Walk Over Back Handsprings, Side Aerials, Front Handsprings & Various Combination Series.

**Adult Gymnastics** - Adults aged 17 years and over gymnastics/tumbling work out **with** instruction.

GYMNASTICS STARS & TYKES (3-4 yrs)	\$272.00/9 Weeks
GYMNASTICS TRANSITION (5-6 yrs)	\$272.00/9 Weeks
GYMNASTICS RECREATION (7-17 yrs)	\$299.00/9 Weeks
GIRLS ACCELERATED (7-17 yrs)	\$299.00/9 Weeks
ACRO-TUMBLING – BEGINNER CLASS	\$258.00/9 Weeks
ACRO-TUMBLING – INTERMEDIATE CLASS	\$258.00/9 Weeks
OPEN ACRO-TUMBLING DROP-IN CLASS	\$20.00/ Drop-In Class
ADULT GYMNASTICS DROP-IN CLASS	\$20.00/Drop-In Class

**RATES: BASED ON 1 CLASS PER WEEK FOR 9 WEEKS**

**DISCOUNTS:** 10% sibling discount.

10% discount for each additional class, **when paid in full.**