

FIVE-STAR SPORTS & ENTERTAINMENT ACADEMY

21 Ryder Place, East Rockaway, NY 11518

Tel: 516 887-6600 *or* Fax: 516 887-6635

GYMNASTICS 2017-2018 CLASS SCHEDULE

Time/Day	MON	TUES	WED	THURS	FRI	SAT
9:00 – 9:45 am						Super Tot-Nastics 18-36 months
10:00 – 11:00 am		Stars & Tykes 3-4 yrs		Stars & Tykes 3-4 yrs	Baby-Tots 10-20 months 10:00-10:45 am	Stars & Tykes/Transition 3-4 yrs 5-6 yrs
11:00 – 12:00 pm		Stars & Tykes 3-4 yrs		Stars & Tykes 3-4 yrs	Super Tot-Nastics 18-36 months 11:00 – 11:45 am	11:15-12:15 pm Stars & Tykes/Transition 3-4 yrs 5-6 yrs
12:00 – 1:00 pm		Stars & Tykes 3-4 yrs		Stars & Tykes 3-4 yrs		
1:00 – 2:00 pm	Stars & Tykes 3-4 yrs	Stars & Tykes 3-4 yrs	Stars & Tykes 3-4 yrs	Stars & Tykes 3-4 yrs	Stars & Tykes 3-4 yrs	
2:00 – 3:00 pm	Stars & Tykes 3-4 yrs	Stars & Tykes 3-4 yrs	Stars & Tykes 3-4 yrs	Stars & Tykes 3-4 yrs	Stars & Tykes 3-4 yrs	12:15-1:45 pm Girls Recreation/Accelerated 7-17 yrs/10-17 yrs
3:45 – 4:45 pm	Recreation Girls 7-9 yrs 1 hour class	Recreation Girls 7-9 yrs 1 hour class	Recreation Girls 7-9 yrs 1 hour class	Recreation Girls 7-9 yrs 1 hour class	Recreation Girls 7-9 yrs 1 hour class	
3:45 – 4:45 pm	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	
4:45 – 5:45 pm	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	Stars &Tykes/Transition 3-4 yrs 5-6 yrs	
4:45 – 6:15 pm	Girls Recreation 7-9 yrs	Girls Recreation 7-9 yrs/10-13 yrs	Girls Recreation 7-9 yrs/10-13 yrs	Girls Recreation 7-9 yrs/10-13 yrs	Girls Recreation 7-9 yrs	
6:30 - 8:00 pm	Girls Accelerated/Recreation 10-17 yrs/7-12 yrs	Girls Accelerated/Recreation 10-17 yrs/7-12 yrs	Girls Accelerated/Recreation 10-17 yrs	Girls Accelerated/Recreation 10-17 yrs	Girls Accelerated/Recreation 10-17 yrs	
9:15 – 10:45 pm		Adult Gymnastics Drop-in Class \$20.00 & Open Skill Session 18 YRS & UP \$15.00	Open Skill Session 18 YRS & UP \$15.00	Open Skill Session 18 YRS & UP \$15.00	OPEN SKILL SESSION (7-12 YRS) 8:30 -10:00 PM (13 YRS & UP) 10:00 – 11:30 PM \$15.00 PER SESSION	

FIVE - STAR GYMNASTICS CLASS INFORMATION AND DESCRIPTIONS

Welcome to the Five-Star Gymnastics program, designed to provide quality instruction for the beginner recreational student through to the advanced competitive gymnast. Each class is developmentally appropriate and follows a curriculum aimed at building confidence and competence in a supportive and professional environment. Classes are grouped according to ability and we monitor our student-staff ratio of 9:1.

Baby-Tots (10-20 Months) – This program is geared towards the exploration of movement and the development of social skills. First-time walkers are introduced to stimulating experiences through the art of play, while Mom and Dad enjoy the advantages of watching their child learn gross motor gymnastics skills and coordination. Parents will also enjoy the benefit of social interactions with other moms and dads.

Super Tot-Nastics (18-36 Months) – In this program, listening and comprehension skills improve as children are exposed to basic gymnastics instruction. Parental involvement is gradually decreased through activities that help build the children’s confidence. This program also helps with the sometimes difficult task of “**separating from Mommy and Daddy.**” Parents will also enjoy the benefit of social interactions with other moms and dads.

Stars & Tykes (3-4 Yrs) – 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 (5-6 Yrs) – 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 (7-17 Yrs) – 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 (7-17 Yrs) – 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.

Adult Gymnastics (18 & Up) – Gymnastics/Tumbling instructional class.

Open Skill Session participants under the age of 18 **MUST** be enrolled in a Five-Star class or be evaluated by a Five-Star Head Instructor/Director to participate in any skill session.

MAKE-UP POLICY

MAKE-UP POLICY: In the event of absences or class closures, students enrolled must make-up their classes **within TWO WEEKS of the absence**. Classes which are **NOT** made-up within **TWO WEEKS** are forfeited and will not be credited. Non-attendance for any scheduled make-ups will also be forfeited and will not be credited. In the case of long-term illness, please contact CS&R and arrangements will be made regarding missed classes.

Please call 516-887-6600 to schedule a make-up class.
A pass is required from the front desk prior to entering class.

FIVE-STAR RESERVES THE RIGHT TO CANCEL, COMBINE OR RESCHEDULE CLASSES

TUITION FEES

Class	1pmt	Monthly
Baby-Tots.....	\$999	\$111
Super Tot-Nastics	\$999	\$111
Stars & Tykes....	\$1098	\$122
Transition.....	\$1098	\$122
Recreation 1 hr.....	\$1098	\$122
Recreation.....	\$1206	\$134
Accelerated.....	\$1206	\$134

Drop-in Class Rates:

Adult Gymnastics/Tumbling \$20.00

Open Skill 1.5 hrs \$15.00

2017-2018 Session

Tuesday, September 5th, 2017 – Saturday, June 23, 2018

Classes paid in full at time of enrollment receive a 10% discount. This promotion extends through January 31, 2018.

Choice of the monthly payment plan requires payments to be satisfied by the 1st of every month.

Those who choose the monthly payment plan are required to pay the first and last month’s payments at time of enrollment.

A Completed Online Registration Contract and Liability Waiver is required for placement into class.

OUR FACILITIES

Five-Star Sports & Entertainment

Academy is one of the largest facilities of its type on the South Shore.

Occupying over **20,000 Sq. Ft.** we offer:

- ☆ 2 Full 40' x 40' Spring/Foam Floors
- ☆ Full Size Competitive 7'x14'
- ☆ Floor-Level Trampoline
- ☆ 50' Tumble Track/Trampoline
- ☆ 400 Cu. Sq. Ft. Loose Foam/Resi Pit
- ☆ AA1 Spring Balance Beams
- ☆ Uneven Bars, High Bar
- ☆ Still Rings
- ☆ 2 AA1 Vaulting Tables
- ☆ 3 mirrored Dance Studios.
- ☆ Exclusive Rock Climbing Tread Wall
- ☆ Exclusive Trench/Canyon Bar