



*where our staff helps children to develop
strength and stamina,
coordination and confidence,
fluidity and flexibility
in a safe, exciting, supportive environment.*

GOLD STAR POLICIES

To Enroll

A parent must fill out a permanent record card; pay tuition; and sign the "Permission to Render Emergency Aid", the "Liability Statement", and this policies sheet to have their child enrolled in a class at Gold Star Gymnastics. Please notify the office of any changes to your contact information.

To Cancel Enrollment

A parent must fill out a withdrawal card one week prior to the end of the month. If a student attends classes within any given month, tuition is due for the entire month. Gold Star does not pro-rate for students who withdraw mid-month. Any make-up classes scheduled after the student's drop date will automatically be cancelled.

Tuition

Tuition is based on an average of four weeks per month. No additional charges will incur for those months with extra class days. Conversely credit will not be given for those months with less class days due to holidays. Please refer to our calendar of events for a complete list of holidays. Credit will not be given due to missed classes. Please see our make-up policy. Siblings will each receive a \$10.00 discount per child starting the first full month of enrollment. The fourth child is free.

Administrative Charges

Tuition is due before the first day of each month, after which a \$5.00 processing charge will incur. Bills are only sent to overdue accounts. Students will be automatically dropped from their classes if accounts become one month past due.

Payment Options

Gold Star accepts cash, personal checks, VISA, MasterCard, and can set up automatic monthly credit card withdrawals. There is a \$20 fee on all returned checks. No third party checks accepted.

Make-ups

Make-ups must be scheduled through the office within 30 days of the absence. Once scheduled, make-up classes cannot be re-scheduled for any reason. During the school year from September through June, families will be allowed 10 make-ups per child. Students must be currently enrolled to attend a make-up class.

Tardy Policy

Students more than 10 minutes late to class may be asked to reschedule the lesson. It can be both disruptive and dangerous for a child to enter class late and miss the warm-up activities. We agree to supervise your children during their scheduled class times, but we do not have the staffing to supervise your children outside of these scheduled times. Therefore, children who are dropped off more than 10 minutes before the class or picked up more than 10 minutes after class will be charged a fee. This fee is \$10 for the first 10 minutes and \$1 for each minute after that.

Safety

Only registered students are allowed on the gymnastics floor. Children must be escorted into and out of the gym by an adult, and must be accompanied by a coach when on the gym floor. Students are not allowed to wait in the parking lot. Parents are allowed to watch classes from the waiting areas, and are only allowed in the gym area when accompanying children enrolled in a Kinder Stars class, or during Birthday Parties. Gold Star reserves the right to remove students from the gym area if they are deemed to be a danger to themselves or others, arising from disobedient, defiant or disrespectful behavior. (Please ask for a copy of our discipline policy for more detailed information).

Star Weeks

Star Week occurs every other month and is designed to provide feedback and motivation as students move through the program. Recreational gymnastics students will be given a colored belt for girls and colored wristbands for boys corresponding to their class level. During Star Week, school-age students will earn stars for the skills they have mastered. Stars should then be sewn on the belts and wristbands. Preschool students will be given a progress report and a ribbon indicating their level.

Moving Up

When your child is ready to advance, the coach will give you a "Move-Up Card". Bring this card to the front desk and the staff will help you to enroll in the next level. Please understand that if a space is not available in the next level at a convenient time, you may put your child's name on a waiting list. Your child is then encouraged to continue attending their current class until the office staff notifies you of an available space.

Attire

It is recommended that girls wear a one-piece leotard. Fitted shorts or footless tights are accepted. Boys should wear a t-shirt and fitted shorts or sweat pants. Zippers, buckles, or buttons on the students' clothing should be avoided. Long hair needs to be secured back out of the student's face. No rings or other jewelry while in class. No shoes or socks on the gym floor. Clean, dry sneakers may be worn for cheer practices. GSG is not responsible for lost or stolen items.

Snacks

No food, drinks, or gum are allowed on the gym floor. When eating in the lobby, please help keep the area clean.

PRESCHOOL GYMNASTICS

Classes are 45 Minutes in Length

Kinder Stars

(Walking to 3 years)

\$65 per month ★ \$110 per month for two classes each week

This parent and tot class is a structured lesson focusing on both gross motor and socialization skills. Children will learn to jump, balance, and roll while practicing taking turns and following a circuit.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00	9:00		9:00	9:00
9:45	9:45	9:45	9:45	9:45	9:45
10:30	10:30	10:30	10:30	10:30	10:30
11:15	11:15	11:15	11:15	11:15	11:15
3:15				3:15	

Mini Stars

(3 years to 6 years)

\$75 per month for one class each week ★ \$130 per month for two classes each week

Three levels of instruction are offered. Levels correspond to both ability and age. Children progress from basic movements to more advanced gymnastics skills through structured lessons.

Mini Star 1 – Mini Star 2 – Mini Star 3

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
M1	M2	M3	M1	M2	M3	M1	M2	M3	M1	M2	M3	M1	M2	M3	M1	M2	M3
9:45			9:00	9:00		9:00	9:00		9:00			9:00	9:00		9:00	9:00	
10:30	9:45		9:45	9:45		9:45	9:45	9:45	9:45	9:45		9:45	9:45		9:45	9:45	
11:15	11:15		10:30	10:30		10:30	10:30		10:30			10:30	10:30		10:30	10:30	10:30
1:00	1:00		11:15	11:15		11:15	11:15		11:15			11:15	11:15		11:15	11:15	
1:45	1:45		1:00	1:00		1:00	1:00		1:00	1:00		1:00	1:00		12:00	12:00	
2:30	2:30		1:45	1:45		1:45	1:45		1:45	1:45		1:45					
3:15	3:15		2:30	2:30		2:30	2:30		2:30	2:30		2:30	2:30				
4:00	4:00		3:15	3:15		3:15	3:15	3:15	3:15	3:15		3:15	3:15				
4:45	4:45		4:00	4:00		4:00	4:00		4:00	4:00		4:00	4:00	4:00			
5:30	5:30	5:30	4:45	4:45	4:45	4:45	4:45		4:45	4:45		4:45	4:45				
6:30			5:30	5:30		5:30	5:30		5:30	5:30	5:30	5:30	5:30				
			6:15														

Junior Olympic Program

(4 years to 8 years)

Pre-J.O. ● \$150

J.O. 1 ● \$190

J.O. 2 ● \$205

This program is designed for students identified in our preschool program as interested in and capable of working in a focused manner towards competitive gymnastics. Participation is by invitation only. If interested please ask for an evaluation.

Pre-JO		JO 1		JO 2			
Mondays & Wednesdays		Tuesdays & Thursdays		Mondays & Wednesdays		Tuesdays & Thursdays	
3:30 – 4:30		2:40 – 3:40		3:30 – 5:00		3:30 – 5:30	
4:30 – 5:30 (Boys)							

Make-Up Classes

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
MS	Rec	MS	Rec	MS	Rec	MS	Rec	MS	Rec	MS	Rec
11:15	6:30	1:45		11:15	6:30	11:15		1:45	5:30	12:00	12:00
								5:30			

GIRLS RECREATIONAL GYMNASTICS

(First Grade and Older)

Beginner (Red) & Advanced Beginner (Orange) ★ 1 Hour Class

\$85 per month for one class each week

\$150 per month for two classes each week

Instruction is given on Vault, Bars, Beam, Floor Exercise, and Tumbler Trak, plus Trampoline for the Red and Orange Levels.

Students participate in a motivational program to progress through the four levels of instruction.

The girls are assessed every other month, and earn stars for mastered skills.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange	Red	Orange
		2:40				2:40	2:40			9:00	9:00
3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	3:30	10:00	10:00
4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	11:00	11:00
5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	12:00	12:00
6:30	6:30	6:30	6:30	6:30	6:30	6:00	6:30	6:30	6:30		
						6:30					

Intermediate (Yellow) & Advanced Intermediate (Green) ★ 1½ Hour Class

\$110 per month for one class each week

\$190 per month for two classes each week

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Green
3:30				3:30					3:30	9:00	
	5:00	4:30			5:00	4:30					10:30
		6:30	6:30			6:30	6:30	5:00		11:00	

BOYS RECREATIONAL GYMNASTICS

(First Grade and Older)

Beginner (Red) ★ 1 Hour Class

\$85/mo for 1 class/wk

\$150/mo for 2 class/wk

Intermediate (Purple) ★ 1½ Hr Class

\$110/mo for 1 class/wk

\$190/mo for 2 class/wk

Instruction is given on Vault, High Bar, Parallel Bars, Pommel Horse, Rings, Floor Exercise, and Trampoline.

Students participate in a motivational program to progress through three levels of instruction.

The boys are assessed every other month, and earn stars for mastered skills.

Monday		Tuesday		Wednesday		Thursday		Friday		Sat	
Red	Purple	Red	Purple	Red	Purple	Red	Purple	Red	Purple	Red	Purple
3:30		3:30		3:30		3:30		3:30	3:30	9:00	
	4:30	4:30	4:30		4:30	4:30	4:30	4:30		10:00	
6:00				5:30							11:00

Competitive Boys Teams

Pre-Team	\$215 per month	Mondays, Wednesdays & Fridays	6:00 – 7:30 5:00 – 6:30
Team	\$225 per month	Tuesdays & Thursdays	5:30 – 8:00

RHYTHMIC GYMNASTICS

(5 years and Older)

\$85 per month for a 1 hour Beginner class
\$110 per month for a 1½ hour Intermediate class

Rhythmic gymnastics combines tumbling skills with dance movements while manipulating small apparatus.
Instruction is given on the five events: ribbon, rope, ball, hoop, and clubs.

	Wednesday	Friday	
	3:30 – 4:30 (Beginner)	3:30 – 5:00 (Advanced)	
	4:30 – 5:30 (Beginner)	5:00 – 6:30 (Intermediate)	
		5:00 – 6:00 (Beginner)	
		6:00 – 7:00 (Beginner)	
PreTeam	\$150 per month	Mondays & Wednesdays	2:45 – 3:45
Level 3 Team	\$205 per month	Mondays & Wednesdays	3:30 – 5:30
Level 4 Team	\$240 per month	Mondays, Wednesdays & Fridays	3:30 – 5:30

ALL-STAR CHEERLEADING & HIP HOP

All-Star Cheerleading combines tumbling, dance, and acrobatic stunting.
Hip Hop teams combine street-style dance movements with more technically based jumps and tricks.
The team will participate in both regional and national competitions.

Cheer Class

Beginner Class (3-5 years)	\$ 75 per month	Tuesdays	2:45 – 3:30
Beginner Class (6-11 years)	\$ 75 per month	Mondays	4:00 – 4:45

Cheer Teams

Tiny Hip Hop & Cheer Local (3-5 yrs)	\$105 per month	Mondays & Wednesdays	5:30 – 6:30
Youth Local (11 yrs & below)	\$110 per month	Mondays & Wednesdays	6:15 – 7:30
Youth Travel (6-11 yrs)	\$140 per month	Tuesdays & Thursdays	4:30 – 6:30
Senior Travel (12-18 yrs)	\$165 per month	Tuesdays & Thursdays	6:30 – 9:00

Hip Hop Class

Beginner Class (3-5 years)	\$ 75 per month (taught in 3 month sessions)	Thursdays	2:45 – 3:30
Beginner Class (6-11 years)	\$ 75 per month (taught in 3 month sessions)	Mondays	4:00 – 4:45

Hip Hop Teams

Tiny Hip Hop & Cheer Local (3-5 yrs)	\$105 per month	Mondays & Wednesdays	5:30 – 6:30
Mini Travel (6-8 yrs)	\$95 per month	Tuesdays & Thursdays	3:45 – 4:30
Youth Travel (9-11 yrs)	\$95 per month	Tuesdays & Thursdays	3:45 – 4:30
Junior Travel (12-14 yrs)	\$105 per month	Mondays & Wednesdays	7:15 – 8:15
Senior Travel (15-18 yrs)	\$105 per month	Mondays & Wednesdays	8:15 – 9:15

COMPETITIVE ARTISTIC GYMNASTICS

This program is designed for those students who have progressed through all four levels
in the recreation program and are interested in competitive gymnastics. Participation is by invitation only.

Pre-Team

Mondays & Wednesdays ★ 5:30 – 8:00
\$225 per month

Girls Team

Level 4 Team	\$240 per month	Tuesdays & Thursdays	3:30 – 6:30
Levels 5 Team	\$295 per month	Mondays, Wednesdays, & Thursdays	5:30 – 8:30
Levels 6 Team	\$360 per month	Mondays & Tuesdays	5:30 – 8:30
		Wednesdays & Fridays	3:30 – 6:30
Optional Teams	\$360 per month	Tuesdays	5:30 – 8:30
		Mondays, Wednesdays & Fridays	3:30 – 6:30

SPECIALTY PROGRAMS

Summer Camps

One Week Camps in June, July, & August

Mini-Star Camps
(3 years to 6 years)
\$175 per week

Morning session: 8:45 a.m. – 11:45 a.m.

Afternoon session: 12:15 p.m. – 3:15 p.m.

During these half-day camps the children participate in gymnastics, movement and music, art projects.

The week's activities culminate in a final performance for friends and family.

School-Age Camps
(6 years to 10 years)
\$325 per week

9:00 a.m. – 3:00 p.m.

During these full-day camps the children participate in gymnastics, rhythmic gymnastics, cheer stunts, dance and art projects. The week's activities culminate in a final performance for friends and family, plus a picnic in the park.

Holiday Camps

One Day Camps during Winter Break & Spring Break

Mini-Star Camps
(3 years to 6 years)

\$40 per session / \$35 per session for 4 or more sessions

Morning session: 8:45 a.m. – 11:45 a.m.

Afternoon session: 12:15 p.m. – 3:15 p.m.

During these half-day camps the children participate in gymnastics, movement and music, and art projects.

School-Age Camps
(6 years to 10 years)

\$70 per day / \$65 per day for 4 or more days

9:00 a.m. – 3:00 p.m.

During these full-day camps the children participate in gymnastics, rhythmic gymnastics, cheer stunts, dance, and art projects.

Birthday Parties

Two Hours

Reserved on Saturdays and Sundays

\$225 for 1-10 guests ★ \$275 for 11-20 guests ★ \$325 for 21-30 guests

gratuity not included

A special celebration for the whole family.

The party goers receive an hour and a half of fun-filled gymnastics instruction, games, and activities.

The parents have tables and chairs set up for them to serve treats and open presents.

Teen Gymnastics

(Must be 12 years to 17 years)

Tuesdays ★ Fridays

6:00 p.m. – 8:00 p.m. ★ 5:00 p.m. – 7:00 p.m.

\$12.50 per Class with a 10-Class Card or \$20 Drop-In Fee

This class will combine flexibility and strength training with instruction on tumbling and apparatus skills.
Beginner through advanced levels.

Adult Gymnastics

(Must be 16 years or Older)

Tuesdays ★ Thursdays

8:00 p.m. – 10:00 p.m.

\$12.50 per Class with a 10-Class Card or \$20 Drop-In Fee

This class will combine flexibility and strength training with instruction on tumbling and apparatus skills.
Beginner through advanced levels.