



STAR-TASTIC WEEKLY CLASS TIMETABLE

ROSEBERY SCHOOL

ROSEBERY SCHOOL WHITEHORSE DRIVE, EPSOM, KT18 7NQ

	GENERAL GYMNASTICS		TRAMPOLINING / DANCE CLASSES	PARKOUR	ELITE SQUAD GYMNASTICS INVITE ONLY
MONDAY	BAR & BEAM FOR ALL 5:15 - 6:15 RISING STARS 6:15 - 7:15	LITTLE STARS 5:15 - 6:15	-	BEG PARKOUR 5:15 - 6:15 INT PARKOUR 6:15 - 7:15	FLOOR & VAULT 5:15 - 6:30 BAR & BEAM 6:30 - 7:45
TUESDAY	NEW: BAR & BEAM PRE - SQUAD 5:15 - 6:15 NEW: FLOOR & VAULT PRE - SQUAD 6:15 - 7:15	NEW: ACRO & TUMBLING (COMPETITIONS IN LIVERPOOL) 6:15 - 8:15	NEW: MIXED TRAMPOLINING 5:15 - 6:15 DISPLAY 5:15 - 6:15	-	ELITE 4 PIECE 6:15 - 8:15
FRIDAY	LITTLE STARS x2 5:15 - 6:15 SHINING STARS 6:15 - 7:15 SUPERSTARS 7:15 - 8:15	RISING STARS 5:15 - 6:15 SHINING STARS 6:15 - 7:15 SUPERSQUAD 7:15 - 8:15	MIXED TRAMPOLINING 5:15 - 6:15 SQUAD TRAMPOLINING 6:15 - 7:15	MINI PARKOUR 5:15 - 6:15 BEG PARKOUR 6:15 - 7:15 INT PARKOUR 7:15 - 8:15	DEVELOPMENT SQUAD 7:15 - 8:15
SATURDAY	MINI STARS 9:00 - 10:00 RISING STARS 10:00 - 11:00 SUPERSTARS 11:00 - 12:00	LITTLE STARS 9:00 - 10:00 SHINING STARS 10:00 - 11:00	MIXED TRAMPOLINING 10:00 - 11:00 11:00 - 12:00	ADV PARKOUR 9:00 - 11:00 BEG PARKOUR X2 11:00 - 12:00 NEW: 12:00 - 1:00	ELITE LEVEL A & AB 10:30 - 1:30 PRE - ELITE LEVEL O & A 12:30 - 3:00 ELITE PLUS + LEVEL B & BC 1:15 - 4:15
SUNDAY	MINI STARS 9:30 - 10:15 10:30 - 11:15 SHINING STARS 11:15 - 12:15	LITTLE STARS 9:30 - 10:15 10:30 - 11:15 SUPERSTARS 11:15 - 12:15	-	MINI PARKOUR 11:15-12:15 BEG PARKOUR 12:15 - 1:15 INT PARKOUR 1:15 - 2:15 ADV PARKOUR 1:15 - 2:15	
COLMAN REDLAND CENTRE (CROYDON ROAD, REIGATE, RH2 0NA)					
WEDNESDAY	SHINING STARS 3:50 - 4:50		SUPERSTARS 4:50 - 5:50		

Email info@startasticgymnastics.com for enquiries.

'Catch up hours' can be used by joining additional classes (conditional on spaces in class).



STAR-TASTIC CLASS DESCRIPTIONS

CLASS NAME	GYMNASTICS CLASSES
Mini-Stars (suitable for children aged 2.5 - 4 years)	<p>A class perfect for pre-schoolers, incorporating both gymnastics and trampolining. In this class we focus on gross motor skills, coordination, balance, and the fundamentals of both gymnastics and trampoline skills and confidence on different types of equipment (such as beam, bars, floor, vault, trampette and more!). Mini-Stars often have 'themed' weeks such as Pirates, Under the Sea, Flying, Animals which have been a huge hit!</p>
Little Stars (Beginners) (suitable for children aged 4-6 years)	<p>Our youngest beginner class, we recommend this for anyone aged 4-6 who hasn't tried gymnastics before. Little Stars focuses on coordination and balance on varying equipment, building strength and learning basic shapes and moves of gymnastics. This class is great for developing gross motor skills and learning basic movements working towards skills such as forward rolls, bunny hops, kick to handstand, walking and balancing on the beam, swinging on the bars and basic mounts on the vault. Little star gymnasts will also concentrate on flexibility stretching and conditioning to build strength in class.</p>
Rising Stars (Beginners) 7+	<p>Our older beginner class, we recommend Rising Stars for anyone aged 7+ who is new to gymnastics. Rising Stars focuses on coordination and balance on varying equipment, building strength and learning basic shapes and moves of gymnastics. Similar to Little Stars, Rising Stars is great for developing gross motor skills and learning basic movements working towards skills such as forward rolls, bunny hops, kick to handstand, walking and balancing on the beam, swinging on the bars and basic mounts on the vault. Rising Star gymnasts will also concentrate on flexibility stretching and conditioning to build strength in class.</p>
Shining Stars (Intermediate)	<p>Shining Star gymnasts progress from Little/Rising stars and work on progressing the basic skills they learnt in these classes. This classes focuses on gaining cartwheels, handstand holds, forward and backwards rolls. On equipment, shining stars progress to circling up to the bar as well as casts, mounting and dismounting the beam, squat on and forward rolling on vault as well as harder jumps on trampette such as dive rolls. Flexibility stretches and conditioning continue to be worked on in Shining Stars in order to progress to more difficult skills.</p>
Superstars (Intermediate Plus)	<p>Superstars should have floor basics such as rolls, handstands, cartwheels, bridges and balances. Superstar gymnasts work on gaining harder skills such as roundoffs, back bends, handstand to bridge. On bar Superstars work on gaining strength to perform casts on their own as well as strong swinging shapes, squat throughs and straddle overs on vault and putting skills such as handstands and jumps onto the beams. Conditioning to build strength, flexibility stretches and basics continue to be worked on each week.</p>
Supersquad (Advanced)	<p>Super squad gymnasts work towards walkovers, backwards roll to front support, handstand pirouettes, handspring flatback on vault, jumps, leaps and spins on beam and back hip circle on bars. Supersquad gymnasts must be able to show good strength and flexibility in their basics (bridges, handstands and cartwheels) and be confident on all pieces of equipment. Strength and flexibility becomes increasingly important in this class as harder skills are worked on which requires stronger muscles and flexibility.</p>
Development Squad (Advanced Plus)	<p>Gymnasts who are invited to the development squad show perfect beginner and intermediate moves (including round offs, walkovers, handstands) as well as good flexibility (splits, bridges, good range of movement in shoulders, hips and ankles) and strong core shapes (dish, arch, bar grip etc). Development squad gymnasts are enthusiastic and committed gymnasts, confident on all pieces of apparatus as they attempt the hardest moves in the general gymnastics classes. Development gymnasts work towards tumbles including handsprings, flics and combination tumbles. Creating routines on beam, bar and floor as well as handsprings on vault and somersaults on trampette.</p>
Elite Classes	<p>Our WAG (Women's Artistic Gymnastics) Elite classes are invitation only. Gymnasts are selected from any general gymnastics class due to either progression or gymnast potential. Our Elite Classes compete nationally and internationally throughout the year on all 4 WAG apparatus – Floor, Bar, Beam & Vault as well as in our inter-club competitions. Gymnasts in the Elite Classes are encouraged to attend multiple classes a week (display, bar & beam, 4 piece). Our Elite gymnasts are enthusiastic and committed to gymnastics, flexibility and conditioning and are always learning awesome moves such as difficult acro series on the beam, Yurchenko's and Tsukahara's on vault, straight and twisting flyaway from the bar and twisting and double somersaults on floor! We are always looking to grow out elite squad so if you/your gymnast are interesting in joining a fun elite squad please get in touch!</p>
Mixed Trampolining	<p>In our trampolining classes, gymnasts progress through a variety of skills appropriate to their level. They work on badges ordered 1-10 and then move to Advanced 1 & 2. Routines in both individual and synchronised pairs are practised in class for upcoming competitions or in-class challenges.</p>



STAR-TASTIC CLASS DESCRIPTIONS

CLASS NAME		SPECIALISED GYMNASTICS CLASSES
Bar and Beam Classes		<i>In bar and beam classes, gymnasts progress through a variety of skills on each apparatus appropriate to their level. On beam; mounts, dismounts, leaps, spins, jumps, forward, backward and sideways acro skills are worked on individually and also in connections. On bars, mounts and dismounts, circling elements, bar connections, casts and handstand elements are worked on depending on difficulty. Bar and beam specific conditioning is also worked on in class to improve upper body and core strength for bar as well as food stability and confidence exercises on beam. Routines on both bar and beam are worked on in class for upcoming competitions or in-class challenges.</i>
Floor & Vault		<i>Floor & Vault classes work on specific floor skills such as leaps, spins, static acro skills as well as tumbles, routines are also focused on in class for competitions and displays. Skills on vault will be tailored to individual's experience and level, ranging from squat on, to handsprings to Tsukahara's. Floor & Vault specific conditioning and flexibility will be worked on weekly in class to improve current and future skills.</i>
4 Piece		<i>Our 4 piece class works on the 4 WAG (Women's Artistic Gymnastics) apparatuses – Floor, Beam, Bar & Vault. Similar to our 'Bar & Beam Class', gymnasts will work through moves appropriate to their experience on all 4 pieces, as well as developing routines. Apparatus specific conditioning and flexibility stretches are done in class to improve progression of moves.</i>
4 Piece Add On B+		<i>Open to only B+ Elite Squad Gymnasts this class will work on the more difficult skills that often need more preps and more supports such as cast to handstand, straight and twisting flyaways on bars, somersaults and acro connections on beam, double somersaults and double twists on floor, Yurchenko's and Tsukhara's on vault and so much more!</i>
Display class		<i>Our display class is like no other, in this class we combine gymnastics, acro (pairs and trios), tumbling and dance to create display routines in preparation for showcases and displays at fairs and competitions. Gymnasts should have good grasp of basic skills (cartwheels, walkovers, handstands, rolls) and be progressing to flighted tumble skills (round offs, handsprings, free cartwheels, round offs) – however, adjustments in routines can always be made if gymnasts are still working on certain skills. Our display class is a really fun, high spirited enjoyable class which creates some amazing routines, if your gymnast is enthusiastic about gymnastics, has good rhythm and would like to be part of our display team please enquire!</i>
Pablo's Powerhouse Conditioning		<i>For members 14+, specialised conditioning for gymnasts, workout with your favourite qualified PT Lawrence. Sessions will include a variety of different training techniques such as plyometric, ENOMs, 5 by 5 and compound exercises.</i>
CLASS NAME		PARKOUR CLASSES
Mini Parkour (suitable for children aged 4-6 years)		<i>Beginner's parkour focuses on teaching the very basic and essential movement skills used in parkour such as running, jumping, vaulting, climbing and safely landing and using equipment. There is a large emphasis on building children's confidence on various equipment, including bars, parkour blocks, vaults and slanted surfaces. Flexibility and strength are worked on during classes to prepare for future skills and improving basics. Coaches prepare various set ups where children can show their parkour skills learnt in fun, safe parkour courses. Trampolines are sometimes used to increase spacial and shape awareness and learn acro skills, but most of the classes take place on mats and using specialised parkour equipment. Beginner parkour is great for anyone who hasn't tried parkour before and gives well rounded basic, safe and fun lessons for children of all ages.</i>
Beginners Parkour (suitable for children aged 7+ years)		<i>Intermediate parkour expands upon the basics taught in beginner parkour. Parkour skills increase in difficulty, including low level flips and other acro skills. Strength work and flexibility has a continued focus to maintain and improve children's skills as well as prepare bodies for harder, future skills. Trampolines are sometimes used to increase spacial and shape awareness and learn acro skills, but most of the classes take place on mats and using specialised parkour equipment. More complex set ups are prepared by the parkour coaches to test how children use the skills they have learnt in class in parkour runs. Timed / Speed runs are frequently used in classes as a fun competition, which are thoroughly enjoyed by members.</i>
Intermediate Parkour		<i>Children are invited to the advanced parkour skills by coaches based on their confidence on equipment and repertoire/potential of parkour skills. Harder, more complex skills and combinations of skills such as somersaults on floor and off/over equipment are worked on in class. Trampolines are sometimes used to increase spacial and shape awareness and learn acro skills, but most of the classes take place on mats and using specialised parkour equipment. Strength, cardiovascular and flexibility work are worked on weekly to assist in the participants physical well-being for dealing with high impact and difficult skills and longer, more complex parkour runs.</i>
Advanced Parkour		<i>Children are invited to the advanced parkour skills by coaches based on their confidence on equipment and repertoire/potential of parkour skills. Harder, more complex skills and combinations of skills such as somersaults on floor and off/over equipment are worked on in class. Trampolines are sometimes used to increase spacial and shape awareness and learn acro skills, but most of the classes take place on mats and using specialised parkour equipment. Strength, cardiovascular and flexibility work are worked on weekly to assist in the participants physical well-being for dealing with high impact and difficult skills and longer, more complex parkour runs.</i>

STAR-TASTIC ALL CLASSES FEES 2021

HOW MANY HOURS?	COST PER MONTH	DISCOUNT GIVEN in %	TOTAL COST PER MONTH AFTER DISCOUNT APPLIED IN £	10% OFF FOR SECOND GYMNASTS	FREE CAMP DAYS GIVEN
30 min	£18	0.00%	£18.00	£16.20	
45 min	£28	0.00%	£28.00	£25.20	
1	£34.00	0.00%	£34.00	£30.60	
1.25	£42.50	0.00%	£42.50	£38.25	
1.5	£51.50	9.00%	£46.87	£42.18	
1.75	£60.08	9.00%	£54.07	£48.66	
2	£68.67	10.00%	£61.80	£55.62	
2.25	£77.25	10.00%	£69.52	£62.57	
2.5	£85.82	11.00%	£76.38	£68.74	
2.75	£94.41	11.00%	£84.02	£75.62	
3	£103.00	12.00%	£90.64	£81.58	
3.25	£111.50	12.00%	£98.12	£88.31	
3.5	£120.17	13.00%	£104.55	£94.09	
3.75	£128.75	13.00%	£112.00	£100.80	
4	£137.33	14.00%	£118.10	£106.29	
4.25	£145.92	14.00%	£125.49	£112.94	
4.5	£154.50	15.00%	£131.33	£118.19	
4.75	£163.09	15.00%	£138.62	£124.76	
5	£171.67	20.00%	£137.34	£123.60	
5.25	£180.25	20.00%	£144.20	£129.78	
5.5	£188.83	22.50%	£146.34	£131.71	1 DAY FREE CAMP A YEAR
5.75	£197.42	22.50%	£153.00	£137.70	1 DAY FREE CAMP A YEAR
6	£206.00	22.50%	£159.65	£143.69	1 DAY FREE CAMP A YEAR
6.25	£214.59	22.50%	£166.30	£149.67	1 DAY FREE CAMP A YEAR
6.5	£223.17	25.00%	£167.38	£150.64	1 DAY FREE CAMP A YEAR
6.75	£231.75	25.00%	£173.81	£156.43	1 DAY FREE CAMP A YEAR
7 / 7.25	£240.33	27.50%	£174.24	£156.82	1 DAYS FREE CAMP A YEAR
7.5 / 7.75	£257.50	30.00%	£180.25	£162.23	2 DAYS FREE CAMP A YEAR
8 / 8.25	£274.67	32.50%	£185.40	£166.86	2 DAYS FREE CAMP A YEAR
8.5 / 8.75	£291.83	35.00%	£189.69	£170.72	2 DAYS FREE CAMP A YEAR
9 / 9.25	£309.00	35.00%	£200.85	£180.77	2 DAYS FREE CAMP A YEAR
9.5 / 9.75	£326.17	35.00%	£212.01	£190.81	3 DAYS FREE CAMP A YEAR
10 / 10.25	£343.33	37.50%	£214.58	£193.12	3 DAYS FREE CAMP A YEAR
10.5 / 10.75	£360.50	40.00%	£216.30	£194.67	3 DAYS FREE CAMP A YEAR
11 / 11.25	£377.67	40.00%	£226.60	£203.94	3 DAYS FREE CAMP A YEAR
11.5 / 11.75	£394.82	42.50%	£227.02	£204.32	3 DAYS FREE CAMP A YEAR + 1-1
12	£412.00	42.50%	£236.90	£213.21	3 DAYS FREE CAMP A YEAR + 1-1

*When you sign up you need to pay the Star-Tastic Club Membership Fee and will be due on the 1st July every year. This costs £30.00. Upon registering you will receive either a t-shirt or shorts. You will need to email us at info@startasticgymnastics.com to tell us what gift you would like and which size. You can look on our website shop to see a variety of options we offer. *We pro-rotate our membership fees into months for those who join later within the year. We only offer a free T-shirt when the membership fee is over £18.*

**We offer our members a maximum of 6 catch up classes a year. If you miss a session due to a holiday or other commitment you can catch up in ANY session or Holiday Camp we run that is suitable for your gymnast. Catch up sessions may only be used in the school holidays and must be booked in advance by emailing us. WE ARE NOT OFFERING ANY CATCH UPS FOR CLASSES MISSED BETWEEN JANUARY 2021 - JUNE 2021 AS WE HAVE SO MANY CATCH UP HOURS OUTSTANDING DUE TO LOCKDOWNS. WE WILL START OUR VERY LOVELY OFFER OF CATCH UPS AGAIN FROM 1ST JULY 2021.

*** You will be asked to pay your membership fee and set up your Direct Debit after your trial. Your fees for classes will still be due on the LAST DAY of each month. Our Fees have also been streamlined by class and number of classes that each gymnast attends. The system will work out your fees per month for you based on which classes you choose to sign up for, hopefully making it easier, again. The more hours your gymnast does the cheaper each class becomes. It will work on a sliding scale from 9% off for 1.5 hours all the way up to 42.5% off. **Siblings will now receive 10% off for all classes.**