



STAR-TASTIC WEEKLY CLASS TIMETABLE

ROSEBERY SCHOOL

ROSEBERY SCHOOL WHITEHORSE DRIVE, EPSOM, KT18 7NQ

	GENERAL GYMNASTICS		TRAMPOLINING	PARKOUR	ELITE SQUAD GYMNASTICS INVITE ONLY
MONDAY	LITTLE STARS 17:15 – 18:15 RISING STARS 18:15 – 19:15	BAR & BEAM 17:15 - 18:15 SHOOTING STARS 18:15 – 19:15	-	MINI PARKOUR 17:15 – 18:15 BEG / INT PARKOUR 18:15 – 19:15	ELITE 1 / 2 17:15 – 19:45 ELITE 3 / 4 17:15 – 19:45
TUESDAY	SUPERNOVA SQUAD TEAM TUMBLING 17:15 – 18:15 SUPERNOVA SQUAD TEAM 4 PIECE 18:15 – 20:15	LITTLE STARS 17:15 – 18:15 RISING STARS 18:15 – 19:15 SHOOTING STARS 19:15 – 20:15	-	MINI PARKOUR 17:15 – 18:15 BEG PARKOUR 18:15 – 19:15 INT PARKOUR 19:15 – 20:15	ELITE 3 / 4 17:15 – 20:15
THURSDAY	-	-	-	OPEN PARKOUR YEAR 7+ 18:30 – 20:30	WORLDS TRAINING CLASS 18:00 – 20:30
FRIDAY	LITTLE STARS (x2) 17:15 – 18:15 SHINING STARS 18:15 – 19:15 SUPERSTARS 19:15 – 20:15	RISING STARS 17:15 – 18:15 SHOOTING STARS 18:15 – 19:15 SUPERSQUAD 19:15 – 20:15	MIXED TRAMPOLINING 17:15 – 18:15 SQUAD TRAMPOLINING 18:15 – 19:15	MINI PARKOUR 17:15 – 18:15 BEG PARKOUR 18:15 – 19:15 INT PARKOUR (x2) 19:15 – 20:15	-
SATURDAY	MINI STARS 9:00 – 10:00 MINI STARS PLUS 10:00 – 11:00 RISING STARS 11:00 – 12:00 SHOOTING STARS 12:00 – 13:00	LITTLE STARS 9:00 – 10:00 LITTLE STARS 10:00 – 11:00 SHINING STARS 11:00 – 12:00 SUPERSTARS 12:00 – 13:00	MIXED TRAMPOLINING 11:00 – 12:00 12:00 – 13:00	ADV PARKOUR 9:00 – 11:00 BEG PARKOUR 11:00 – 12:00 12:00 – 13:00	ELITE 1 09:00 – 11:00 ELITE 4 11:00 – 14:00 ELITE 2 & 3 13:30 – 16:30
SUNDAY	MINI STARS 9:15 – 10:15 MINI STARS PLUS 10:15 – 11:15 SHINING STARS 11:15 – 12:15 SUPERSTARS 12:15 – 13:15	LITTLE STARS 9:15 – 10:15 10:15 – 11:15 SHOOTING STARS 11:15 – 12:15 SUPER SQUAD 12:15 – 13:15	-	MINI PARKOUR 11:15-12:15 BEG PARKOUR 12:15 – 13:15 INT PARKOUR 13:15 – 14:15 ADV PARKOUR 13:15 – 14:15	121 SESSIONS

Email info@startastictyngymnastics.com for all enquiries.



STAR-TASTIC WEEKLY CLASS TIMETABLE

Tadworth Leisure Centre

TADWORTH LEISURE CENTRE, PRESTON MANOR RD, EPSOM, TADWORTH, KT20 5FB

	GENERAL GYMNASTICS / PARKOUR		SPECIALIST CLASSES
MONDAY	LITTLE STARS 16:00 – 17:00 RISING STARS 17:00 – 18:00	SHINING STARS 16:00 – 17:00 SHOOTING STARS 17:00 – 18:00	BAR & BEAM INTERMEDIATE 16:00 – 17:00 SUPERNOVA SQUAD TEAM 17:00 – 18:00
TUESDAY	LITTLE STARS 16:00 – 17:00 SHINING STARS 17:00 – 18:00	RISING STARS 16:00 – 17:00 SUPERSTARS 17:00 – 18:00	BAR & BEAM BEGINNERS 16:00 – 17:00 BAR & BEAM BEGINNERS 17:00 – 18:00
WEDNESDAY	MINI PARKOUR 16:00 – 17:00 BOYS GYMNASTICS 17:00 – 18:00 BEGINNER PARKOUR 18:00 – 19:00	LITTLE STARS 16:00 – 17:00 RISING STARS 17:00 – 18:00	ELITE 1 / 2 17:00 – 19:00
SATURDAY	MINI STARS 08:45 – 09:30 RISING STARS 09:30 – 10:30 SHINING STARS 10:30 – 11:30	LITTLE STARS 08:45 – 09:30 SHOOTING STARS 09:30 – 10:30	BAR & BEAM MIXED 10:30 – 11:30

HORLEY FOOTBALL CLUB

COURTLIDGE ROAD, HORLEY, RH6 8SP

	GENERAL GYMNASTICS		DAY TIME GYMNASTICS
WEDNESDAY	LITTLE STARS 16:00 – 17:00 SHINING STARS 17:00 – 18:00	RISING STARS 16:00 – 17:00 SHOOTING STARS 17:00 – 18:00	PARENT & TODDLER DROP IN CLASSES £5 09:45 – 10:30 MINI STARS 10:30 - 11:15
THURSDAY	LITTLE STARS 16:00 – 17:00 SHINING STARS 17:00 – 18:00	RISING STARS 16:00 – 17:00 SHOOTING STARS 17:00 – 18:00	-

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STAR-TASTIC CLASS DESCRIPTIONS

CLASS NAME

GYMNASTICS CLASSES

Mini-Stars
(suitable for children aged 2 -3.5 years)

Mini-Stars Plus
(suitable for children aged 3.5+ at Pre-School)

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!

Beginners
Little Stars (suitable for children aged 4 (Reception class to age 6 years)

Our youngest beginner class, we recommend this for anyone aged 4-6 who is new to gymnastics. 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.

Beginners
Rising Stars 7+

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.

Intermediate
Shining Stars
Age 5-7

Shooting Stars 8+

Shining and Shooting Stars 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.

Intermediate Plus
Superstars
Supersquad 9+

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. We 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. Conditioning to build strength, flexibility stretches and basics continue to be worked on each week.

Advanced
Supernova Squad Team

Gymnasts who are invited to the Supernova Squad Team 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). Supernova Squad Team gymnasts are enthusiastic and committed gymnasts, confident on all pieces of apparatus as they attempt the hardest moves in the general gymnastics classes. Supernova Squad Team gymnasts work towards tumblers including handsprings, flics and combination tumblers. Creating routines on beam, bar and floor as well as handsprings on vault and somersaults on trampette.

Elite Classes

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!

Mixed Trampoline

In our trampolining classes, gymnasts progress through a variety of skills appropriate to their level. They work on badges. Routines in both individual and synchronised pairs are practised in class for upcoming competitions or in-class challenges.



STAR-TASTIC CLASS DESCRIPTIONS

CLASS NAME

SPECIALISED GYMNASTICS CLASSES

Bar and Beam Classes

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.

Floor & Vault

Floor & Vault classes work on specific floor skills such as leaps, spins, static acro skills as well as tumblers, 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.

4 Piece

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.

Display class

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). Our display class is a really fun, high spirited enjoyable class which creates some amazing routines, if your gymnast is enthusiastic about gymnastics, and would like to be part of our display team please enquire!

Boys Gymnastics classes

Our boys only class is mixed ability. We have based these classes on age. Similar to our Rising Stars & Shining stars classes, the boys class is great for developing gross motor skills and working towards skills such as forward rolls, bunny hops, kick to handstand, and basic mounts on the vault. When ready they will work on gaining cartwheels, handstand holds, forward and backwards rolls. On equipment they will 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. The boys class will work towards optional competitions also. We will also concentrate on flexibility stretching and conditioning to build strength in class.

CLASS NAME

PARKOUR CLASSES

Mini Parkour (suitable for children aged 4-6 years)

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., 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.

Beginners Parkour (suitable for children aged 7+ years)

Intermediate Parkour

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. 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.

Advanced Parkour

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. 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.