

Star-Tastic



ROSEBERY SCHOOL, EPSOM

WHITEHORSE DRIVE, EPSOM, KT18 7NQ

	MONDAY	TUESDAY	FRIDAY	SATURDAY	SUNDAY
MINI STARS				9:00 - 10:00	9:15 - 10:15
MINI STARS PLUS				10:00 - 11:00	10:15 - 11:15
LITTLE STARS	17:15 - 18:15	17:15 - 18:15	17:15 - 18:15	9:00 - 10:00 10:00 - 11:00	9:15 - 10:15 10:15 - 11:15
RISING STARS	18:15 - 19:15	18:15 - 19:15	17:15 - 18:15	11:00 - 12:00	
SHINING STARS			18:15 - 19:15	11:00 - 12:00	11:15 - 12:15
SHOOTING STARS	19:15 - 20:15	19:15 - 20:15	18:15 - 19:15	12:00 - 13:00	11:15 - 12:15
SUPERSTARS			19:15 - 20:15	12:00 - 13:00	
SUPERSQUAD	19:15 - 20:15		19:15 - 20:15		
BAR & BEAM	17:15 - 18:15 18:15 - 19:15		17:15 - 18:15 18:15 - 19:15		

info@startasticgymnastics.com

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TADWORTH LEISURE CENTRE

PRESTON MANOR RD, EPSOM, TADWORTH, KT20 5FB

	MONDAY	TUESDAY	WEDNESDAY	SATURDAY
MINI STARS				8:45 - 9:30
LITTLE STARS	16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	8:45 - 9:30
RISING STARS	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	9:30 - 10:30
SHINING STARS	17:00 - 18:00	17:00 - 18:00		10:30 - 11:30
SHOOTING STARS	17:00 - 18:00		18:00 - 19:00	9:30 - 10:30
SUPERSTARS	18:00 - 19:00	17:00 - 18:00		
SUPERSQUAD	18:00 - 19:00			
BOYS GYMNASTICS			17:00 - 18:00	
BAR & BEAM	16:00 - 17:00 17:00 - 18:00	16:00 - 17:00 17:00 - 18:00		10:30 - 11:30

HORLEY FOOTBALL CLUB

COURTLIDGE ROAD, HORLEY, RH6 8SP

	THURSDAY
LITTLE STARS	16:00 - 17:00
RISING STARS	17:00 - 18:00
SHINING STARS	18:00 - 19:00
SUPERSTARS	18:00 - 19:00

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CLASS NAME	CLASS DESCRIPTION
<p>Mini-Stars (Age 2 -3.5)</p> <p>Mini-Stars Plus (Age 3.5+ at Pre-School)</p>	<p>A class perfect for toddlers and pre-schoolers. 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!).</p> <p>Parents are able to attend our Mini-Stars classes. In Mini-Stars parents are encouraged to join in with the class, whilst in Mini-Stars Plus we encourage parents being less involved during the class to ready gymnasts to move into Little Stars.</p>
<p>Beginners</p> <p>Little Stars (Age 4-6)</p> <p>Rising Stars (Age 7+)</p>	<p>Our beginner classes focus 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 & Rising Star gymnasts will also concentrate on flexibility stretching and conditioning to build strength in class.</p>
<p>Intermediate</p> <p>Shining Stars (Age 5-7)</p> <p>Shooting Stars (Age 8+)</p>	<p>Shining and Shooting Stars gymnasts progress from Little/Rising Stars and work on developing the basics they learnt in these classes. This classes focuses on gaining cartwheels, handstand holds, forward and backwards rolls. On equipment, Shining/Shooting 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/Shooting Stars in order to progress to more difficult skills.</p>
<p>Advanced</p> <p>Superstars (Up to Age 8)</p> <p>Supersquad (Age 9+)</p>	<p>Superstars/Supersquad should have floor basics such as rolls, handstands, cartwheels, bridges and balances. Superstar/Supersquad gymnasts work on gaining harder skills such as roundoffs, back bends, handstand to bridge. On bar these classes 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.</p>
<p>Bar & Beam (Age 4+)</p>	<p><i>In bar and beam classes, gymnasts work on 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. Routines on both bar and beam are worked on in class for upcoming competitions or in-class challenges.</i></p>
<p>Boys Gymnastics</p>	<p><i>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.</i></p>

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CLASS FEES

How Many Hours?	Total Cost Per Month	10% Off For Second Athlete
45 Minutes	£29.40	26.46
1 Hour	£35.70	£32.13
2 Hours	£64.89	£58.40
3 Hours	£95.17	£85.65
4 Hours	£124.01	£111.61
5 Hours	£144.20	£129.78
6 Hours	£167.63	£150.87

Membership Fee

As part of signing up, we would like to remind you that the membership fee of £35 renews annually on the 1st July.

The membership fee covers a free T-shirt, insurance and association with Star-Tastic Gymnastics. The Annual membership fee is £35 per year 1st July – 30th June (decreased by £2.50 per month missed).

Club Clothing

All members receive a free Star-Tastic Gymnastics T-shirt which can be personalised for £4.50. Please note this is not offered when there is less than 3 months until membership renewal (April – June). Please order your membership t-shirt on our website.

You can always purchase more merchandise from our online shop too.

Catch Up Classes

We like to 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 our Holiday Camps. Please email us to ask for your catch up codes.

Monthly Fees

You will be asked to pay your membership fee and set up your Direct Debit after your trial. Your fees for classes will be via the London and Zurich site.

Sliding Scale Fees

Our Fees reduce per number of classes that each member 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 athlete does the cheaper each class becomes.

Siblings also receive 10% off for all classes within Star-Tastic Gymnastics.

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