

Shooting Stars

When you enter the world of girls gymnastics, it is the beginning of a new adventure that turns into a passion for many of the girls who participate. Over time they experience life changing moments that enhance their school, family, and community relationships.

Each class includes stretching and strength in addition to instruction on vault, uneven bars, beam and floor. Coaches are dedicated to teaching children the principles of gymnastics and develop their coordination and motor skills. Gymnastics will not only increase your child's physical abilities, they will also learn life skills such as perseverance, discipline, commitment, teamwork and leadership. Over time they learn to overcome fears and work hard toward goals.

Shooting Stars class is a beginning recreation gymnastics class specifically for girls ages 9 and older. This class was developed for girls who want to learn the basics of gymnastics with peers of their own ages. The class is 2 hours in length and comparable to Girls Champs 2 level skills.

2022 SKILL DEVELOPMENT TRAINING SESSIONS

SHOOTING STARS

This class is for girls ages 9+ who are new to gymnastics. Basic gymnastics skills are learned in this class and athletes will be with peers in their age group.
Skills learned are same as Girls Champs 2

VAULT

Correct Board Shape
Sprint down the Runway
Kick to Handstand Flatback on 8" Mat
Run Punch Tuck Jump on Block
Jump off Stick
Run Punch Dive Roll on PP

BEAM

Jump to Support Swing to Straddle Sit with Straight Legs
Forward Releve Walks
Straight Leg Kicks Forward and Backward
Straight Jump
Tuck Stand, Pike Stand, Needle Kick Stand
Passe Walks
Side 3/4 Handstand
Dismount

BARS

Glide Swing with Pink Roller
Step Kick Pull Over
3 Casts in a Row with Hips Off Bar
Roll Forward Over Bar
Spotted Back Thigh Circle
Shooting Star in Straddle

STRENGTH/FLEXIBILITY

TY SHAPES

8 Push Ups
3 Pull Ups (Chin Above Bar)
3 Leg Lifts (Toes to Bar)
8 Frog Jumps
8 V-Ups
1/2 Rope Climb
Bridge with Straight Legs
Right Leg Split 80%
Left Leg Split 80%
Middle Split 80%
Pike with Nose to Knees

FLOOR

Vertical Handstand
Cartwheel
Back Roll to Tuck Stand
Bridge Kickover off Panel
Tuck Jump
Split Jump 60"
Forward Chasse Kick
2 Pivot Turns



SHOOTING STARS

9+ years old
Two hour class

Schedule

Monday: 5:00
Tuesday: No classes
Wednesday: No classes
Thursday: 6:00
Friday: No classes
Saturday: No classes
Sunday: No classes

Monthly Cost

Annual Family Membership Fee:
\$72
1x per week: \$200
2x per week: \$285

IF YOU ARE NEW ATHLETE TO CGC YOUR FIRST MONTH FREE TUITION WITH \$35 REGISTRATION FEE