

Winter-Spring

2026

January 5- May 16, 2026

GYMNASTICS



Classes: Monday Tuesday Wednesday Thursday Friday Saturday Sunday Price:

Drop- In Programs

Please register online or on the Silverlake App prior to attendance.

Play Group Walking- 5 Years Old	11:00a-12:00p			11:00a-12:00p	11:00-12:00p		4:00-5:00p <i>Coach Rotation</i>	\$5 / \$10 Per Class
Open Gym 6 - 16 Years Old					6:30-7:30p		3:00-4:00p <i>Coach Rotation</i>	\$5 / \$10 Per Class

Instructional Classes

Must be registered, space is limited in each class. (Class times subject to change based on enrollment.)

Tumbling Together <i>Walking- 2 ½ Years Old</i>	4:00-4:30p		9:15-9:45a			9:00-9:30a		\$70 / \$100 Monthly
Tots <i>2 ½ - 3 Years Old</i>	4:00-4:30p	10:00-10:30a				9:00-9:30a		\$70 / \$100 Monthly
Mini- Movers 1 <i>~3 Year Olds</i>	4:30-5:15p 5:30-6:15p	10:45-11:30a	10:00-10:45a	4:15-5:00p		9:45-10:30a 10:45-11:30a		\$85 / \$115 Monthly
Mini-Movers 2 <i>~4 Year Olds</i>	4:30-5:15p 5:30-6:15p	10:45-11:30a	10:00-10:45a	4:15-5:00p		9:45-10:30a 10:45-11:30a		\$85 / \$115 Monthly
Prep 1 <i>~5 Year Olds</i>	4:30-5:15p 5:30-6:15p			4:15-5:00p		10:45a-11:30a		\$85 / \$115 Monthly
Prep 2 <i>(Invite Only)</i>	4:30-5:15p					10:45a- 11:30a		\$90 / \$120 Monthly
Intro Class <i>EVERY NEW STUDENT Ages 6+ MUST START HERE</i>	6:30-7:30p			5:00-6:00p		11:45a-12:45p		\$50 / \$80 2 Week Course
Foundations Level 1	6:30-7:30p			5:00-6:00p		11:45a-12:45p		\$100 / \$130 Monthly
Foundations Level 2	6:30-7:30p			5:00-6:00p		11:45a-12:45p		\$100 / \$130 Monthly
Foundations Level 3	6:30-7:30p							\$100 / \$130 Monthly

Silverlake Stars Team Programs

Join by Invite Only- Student Must be Registered in Class Program for Consideration and Evaluation for Team

Shining Stars Competitive Team		6:15-8:15p	4:00-6:00p	6:15-8:15p	4:30-6:30p			Tuition Payments
Rising Stars Rec Team		4:15-6:15p			4:30-6:30p			Tuition Payments

POLICIES AND PROCEDURES WINTER/SPRING 2026

Session Runs: Monday, January 5th - Sunday May 17th, 2026
(Spring Break- Monday, March 30th - Sunday, April 5th.)

MONTHLY TUITION: Tuition is charged monthly on the 5th of each month. Students will be re-enrolled month after month for the duration of the session unless proper cancellation notice is given or until the session has ended. Sessions change three times per year and run (approximately) January through May, June through July and August through December. Specific dates vary per year.

CANCELLATION: To cancel enrollment early and prior to the end of the session, an email notice is required and to be sent to gymnastics@silverlakefamily.com by the 15th of the month prior to when you wish to stop classes. Cancellations submitted after the 15th will be billed for the upcoming month and students will access to classes during the remainder of their cancellation period.

MAKE-UP CLASSES: **Make-up classes are not guaranteed** and based on additional class availability. No refunds or credits are given for missed classes. Students are allowed one- make up class per month, pending availability.

CLASS ATTIRE: Girls should wear a gymnastics leotard or shorts and a t-shirt/tank top. Hair must be pulled back and completely out of the face. Boys should wear shorts and a t-shirt. Fitted athletic attire preferred for all. NO baggy clothing, heavy sweatshirts, jeans or dresses. All students will be barefoot on the floor for the class. Students will be required to remove jewelry, footed tights or grippy socks to participate.

CLASS READINESS: Students should arrive no more than 5 minutes before the scheduled class start time in proper attire and with a water bottle. Please have student use the restroom prior to class. Students under age 5 or in Tumbling Together, Tots and Mini- Movers are **REQUIRED** to have a parent or guardian stay in the gymnastics room during class. Guardians for students over age 6 are encouraged to stay. Students above age 6 will be permitted to leave for the restroom alone if a parent or guardian is not present.

SAFETY: ONLY registered students are permitted in the gym area and on equipment during class times. Please do not allow children who are not registered on the gymnastics floor or equipment at any time! Students should wait in the lobby area until called out for their scheduled class or lesson.

LOBBY RULES: **Absolutely no food or drinks are allowed in the lobby area.** Café or Bar and Grill take-out must be consumed in food appropriate areas. Water bottles are allowed for students. Please have your child place their belongings in a cubby and all spectators should be aware and respectful of others in attendance.

There is a zero-tolerance policy for any unsportsmanlike conduct or behavior amongst spectators and participants.

CLASS AVAILABILITY: Any class with 2 or less registrants- at any time- will be cancelled and students will be asked to move to another class time. In the event classes are full, please reach out via email to be placed on the waitlist for your preferred day/class time.

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GYMNASTICS



CLASS DESCRIPTIONS AND REQUIREMENTS

PLEASE READ PRIOR TO CLASS REGISTRATION

Age 6 and Under Programs:

PLAY GROUP -Play Group is a time for students ages walking- 5 years old to come and explore the gymnastics room and equipment, at their own pace. under parent supervision. Parents should be attentive to their children and plan to be on the floor with them during play. Students **MUST** be under 5yo for the safety of all participants. Older siblings will not be permitted to play if in attendance. A Coach is staffed during this time but there is no class instruction or curriculum offered. Play Group is closed after 15 mins with no attendance and capped at 15 participants. Please utilize online registration ahead of the session to secure your spot. Please check online schedule for most up to date cancellations or last minute closures!

TUMBLING TOGETHER- (Age 1- 2 ½) - Students must be independently walking in order to register and will be accompanied by a parent or guardian over age 18 for the entirety of the class. Our youngest students will safely explore climbing, jumping, and balancing while working to become comfortable in a class setting. They'll practice sharing, socializing with peers, and begin developing the foundations of age-appropriate, functional movement skills. Adult involvement is required for this class- with the goal of students getting comfortable in the gym and learning to stay with the group and listening to the instructor!

TOTS (Age 2 ½ to 3) - "Tots" is designed to bridge the gap between Tumbling Together and Mini-Movers. While this program is intended for children preparing for more independent participation, an adult may still be present on the floor and students over the age of 3 are welcome to remain in Tots if they are not yet ready to attend class without an adult. In this class, instructors lead skill development, (while adults are present and engaged either from the lobby or on the floor with their student,) to provide support and encourage their child's listening and engagement. We kindly ask adults to adopt a more hands-off approach, allowing instructors to guide the learning process. Through this structure, toddlers gain confidence, build independence, and strengthen their ability to follow instructions with minimal direct interaction. Our goal is for all students to be independent on the floor by the last month of the session.

MINI-MOVERS 1- (Age 3-4 ½) In Mini-Movers Level 1, children are expected to participate independently- but adults should remain attentive and intervene if your child requires extra help listening or staying with the group. This class is designed to help young gymnasts build skills to listen and follow multi-step directions and develop their confidence in the gym. Through imaginative activities and engaging instruction, students are introduced to foundational gymnastics skills while enhancing hand-eye coordination, body awareness, and gross motor development. Your child will need to demonstrate proficiency in the following skills before advancing to the next level: "Monkey" Jumps landing on feet, forwards roll to standing with no hands, and lunge-lever-lunge on Floor. Mounting, dismounting and walking alone on the Beams. Show a 5+ second hang of their bodyweight with both hands and hold a front support with assistance on Bars and be able to demonstrate jumping with full body control and be able to land on both feet from an uneven or elevated surface while on Vault and Trampoline. Students will also work to differentiate Right and Left.

MINI-MOVERS 2-(Ages 4 ½-6) Mini-Movers Level 2 is designed for students who have developed strong listening skills and can follow multi-step instructions independently. Students will be expected to participate with no involvement from their adult present. Students who are not able to stay with the group or follow coach instructions may be asked to stay, or move back, to Level 1. Building on the foundations introduced in Level 1, this class offers more physically challenging skills that help children grow stronger, more confident, and more aware of their bodies' capabilities and limitations. Students will continue exploring the vault, bars, beam, and floor while progressing to age-appropriate gymnastics skills and should be able to demonstrate proficiency in the following skills before advancing to the next level: On Floor- Lunge to "Monkey jump" and be progressing into cart-wheels, a backwards roll, ½ Handstand and be able to show foot positions and poses. Students will need to mount, dismount and walk alone on high-beam, know the difference of "short and long" arms on bars, hold a front support of their own bodyweight and forward roll dismount off the bar and lastly, be comfortable being upside down and demonstrate all named jumps on Vault and Trampoline.

PREP 1- Students entering Prep 1 should have completed or been asked to move from Mini- Movers 2 before starting. Students in Prep 1 will begin to progress their overall gymnastics and tumbling skills. They will be working on combining and connecting skills while perfecting the technique of core basics and fundamentals. They will need to be able to demonstrate and know a basic cartwheel and handstand, starting and landing in lunge, as well as all rolls on the floor and be able to push up into a bridge. They will begin to jump and turn on the beams, pullover and cast on the bars and should be comfortable with flipping and being upside-down on vault and trampoline.

PREP 2 – Prep 2 is an Invite Only class for Pre-School to Kindergarten age students showing skill levels beyond the Prep 1 level. Prep 2 will serve as a preparation class for gymnasts to potentially move into our Silverlake Stars Team Program.

***Moving to Prep 2 does not guarantee invitation, nor require, students to join the Silverlake Stars Team Program.**

Age 6 and Over Programs:

INTRO CLASS:

Intro Class re-starts every 2 weeks and is MANDATORY for any brand- new student ages 6 or up entering the program, or any student that has not been enrolled in the previous TWO sessions. Intro class will spend one week covering 2 events each, in order to properly teach the safety basics and fundamentals of each event and serve as an evaluation for skill-level placement into a Foundations Level Class.

Upon completion of Intro, students will move directly to the appropriate Foundations Level.

FOUNDATIONS 1- Foundations 1 is a starting level for new and beginner level gymnasts. Foundations 1 will teach proper technique, safety, body awareness and control for each event. Students must be able to show uninterrupted listening skills and ability to take coach direction before moving on. Foundations classes will build on each other and have skill requirements to achieve before moving to the next level.

FOUNDATIONS 2- Foundations 2 is an intermediate level for returning gymnasts with basic tumbling and event skills already achieved. Students must skill out of Foundations 1 or have an eval card stating Foundations 2 to begin here.

FOUNDATIONS 3 Foundations 3 is a more advanced level class for experienced gymnasts and tumblers not interested in the Team program. Students in Foundations 3 will work at a much faster pace and have a higher expectation of skill level and discipline. Students must surpass the skill level of Foundations 2 or have an evaluation card from their coach to move up.

OPEN GYM Open Gym is a time for students ages 6 to 16 to use the gymnastics equipment for extra practice time or skill building at their own pace. Gymnasts or tumblers will be using equipment at their own risk. A Coach is staffed during this time but there is no class instruction, spotting help or curriculum offered. Students must be between 6 and 16yo for the safety of all participants. Younger siblings will not be permitted to play if in attendance. Students not utilizing the time and space properly or in respect of other athletes and gymnasts may be asked to leave. Open Gym is closed after 15 mins with no attendance and capped at 15 participants. Please utilize online registration ahead of the session to secure your spot. Please check online schedule for most up to date cancellations or last minute closures!

PRIVATE LESSONS:

Private Lessons are available for any student, at any skill level- looking to spend one on one time with a coach to develop skills or comfortability in the gym. Private lessons are available to members and non-members and sold in either 4 or 8 packs of 30min, 1:1 sessions. Private lesson pricing varies per instructor and skill level required. To start the private lesson inquiry, please contact- gymnastics@silverlakefamily.com and include your student's age, previous experience and skill level and desired goals and skills to be obtained during the lessons. We will then reach out to our coaching staff and place you with the most qualified coach and they will coordinate lesson days/times with you themselves.

Questions about class placement?

Please contact us at 859.426.7777, ext 115 or via email at gymnastics@silverlakefamily.com