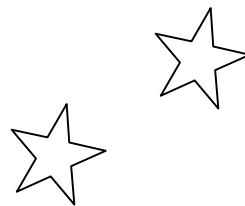


You May Register Anytime so
come join All Stars to see what
all the excitement is about!



ALL STARS UNLIMITED Fall 2010 - Spring 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Fri.	Sat.
	Parent/Tot Open Gym 10-11:00am \$5/ea	Little Dippers 2-3 yrs 10-10:50am	Little Dippers 2-3 yrs 10-10:50am Big Dippers 3-6 yrs 10-10:50am			Big Dippers 3-6 yrs 10-10:50am
		Big Dippers 3-6 yrs 11-11:50am	Big Dippers 3-6 yrs 11-11:50am			
		Home School 4-10+ yrs 1-1:50	Home School 4-10+ yrs 1-1:50pm			Birthday Parties
Competitive Cheer Squad 8+ yrs 3-5pm	Cheer & Tumble 5-8 yrs 3:30-4:20pm	Shooting Stars 4-9 yrs 3:30-4:20	Shooting Stars 4-9 yrs 3:30-4:20pm	Boys Gymnastics 5+ yrs 3:30-4:20 Super Stars 6+ yrs 3:30-4:20pm		Private Lessons
Open Gym 7+ yrs 5-6pm \$5/ea	Show Cheer Squad 5-8 yrs 4-5:30pm	Gymnastics Team 6+ yrs 4:30-6:00pm	Little Dippers 2-3 yrs 4:30-5:20pm Big Dippers 3-6 yrs 4:30-5:20pm	Gymnastics Team 6+ yrs 4:30-6:00pm		
Tumbling 8+ yrs 6-7pm	Performance Cheer Squad 6+ yrs 5:30-7:00pm	Totally Tumbling 5-8 yrs 6:00-6:50pm Big Dippers 3-6 yrs 6:00-6:50pm Shooting Stars 4-9 yrs 6:00-6:50pm	Shooting Stars 4-9 yrs 5:30-6:20pm Super Stars 6+ yrs 5:30-6:20pm Gymnastics 8+ yrs 6:20-7:10pm	Competitive Cheer Squad 8+ yrs 5:45-7:45pm		

Tuition: Due 1st week of month
 50 min/wk: \$55/month
 1 hr/wk: \$65/month
 1 ½ hr/wk: \$85/month
 3 hr/wk: \$125/month
 4 hr/wk: \$145/month

Registration Fees: (annual)
 \$25/child or \$35/family

****Please see handbook for further information on
 discounts and ASU policies.**



Gymnastics and Cheerleading

OUR PHILOSOPHY >> *All Stars Unlimited is a predominantly non-competitive, quality program set in a fun-filled, healthy, and educational environment. Nicole Kokel, owner and coach, has over 20 years experience as a gymnast, cheerleader, and as a coach. She utilizes her passion and knowledge to help improve upon each All Stars self esteem and individuality. By making each child's experience fun and exciting, your child is sure to love being an All Star!!*

LITTLE DIPPERS

Play with purpose! Have fun with your child as you explore the wonderful world of gymnastics together. In each class, you will share in the experience of age-appropriate songs, gymnastics stations, and games. Watch your child's motor-skills develop and self-confidence emerge as they become familiar with all the fun that gymnastics has to offer. This class is highly recommended as a great transition into the Big Dippers class.

BIG DIPPERS

Success builds confidence in this upbeat beginner class that uses a variety of preschool equipment to build strength, confidence and body awareness. Whether we swimming on the bars like monkeys or rolling on the floor like a ball, we tie together the energy and imagination of the preschooler while allowing them to play and master skills on the bars, beam, vault, and floor.

SHOOTING STARS

This fun filled intermediate class will excite your All Star with more advanced skills. They will achieve success on the bars, beam, floor, and vault while mastering skills like forward rolls, cartwheels, and handstands and bridge kickovers. Your child's confidence will soar as they partake in all the fun that All Stars Gymnastics has to offer.

SUPER STARS

This action packed advanced class if for the more advanced All Star who is interested in mastering round offs, handstands, back walkovers, back handsprings, and much more. They will also achieve success on the bars, beams, and vault through routines and skill building. Requirement: **MUST** be able to push up into a strong bridge, do a forward roll, cartwheel, and handstand.

GYMNASTICS

This exciting and fast paced class is designed for the older All Star who wants to achieve a variety of tumbling skills as well as achieve success on the other gymnastics events. We will work on skills such as handstands, round offs, front/back walkovers, back handsprings, and other aerial tumbling as well as appropriate skills on the other events. Conditioning and stretching will be part of this class to promote strength and flexibility. Requirement: **MUST** be able to push up into a bridge and perform a cartwheel.

TOTALLY TUMBLING

This class is perfect for the beginning to intermediate All Star who is interested in learning or mastering such skills as dive rolls, cartwheels, round offs, backbends, handstands, and back handsprings. They will learn so much in this upbeat tumbling class! Age and skill appropriate groups will be formed.

TUMBLING

This class is perfect for the older tumbler, of any skill level who is interested in learning or mastering such skills as dive rolls, cartwheels, round offs, backbends, handstands, back handsprings, and other aerial skills. They will work on a variety of skills as well as conditioning and stretching to promote strength and flexibility.

CHEER AND TUMBLING

This exciting cheer and tumbling class will teach the beginning fundamentals of cheerleading such as motions, jumps, and stunt building, along with the essential tumbling skills they will need. Your child will also develop a self confidence that soars as they have SO much fun in this SPIRIT filled class. Tennis shoes must be worn to each class.

BOYS GYMNASTICS

This class is designed specifically for boys who are interested in learning gymnastics in a more traditional "boys" setting. This class will encompass a variety of skills and levels. They will have so much fun learning skills on the vault, floor, and bars, as well as learning additional boy's strength moves. These boys will have a great time learning all about gymnastics or furthering their skills and abilities.

**For more information about our
CHEER SQUADS OR GYMNASTICS TEAMS
Please see Nicole or an All Star Coach**

For More Information About All Stars or To Register:

Call 310-5822

www.allstars-unlimited.com