



ALL STARS UNLIMITED SUMMER 2010 CLASSES



Session 1: June 1 - July 2 (5 wks)

Monday	Tuesday	Wednesday	Thursday	Fri.	Sat.	Sunday
	Shooting Stars 4-8 yrs 3:30-4:20pm \$67	Shooting Stars 4-9 yrs 3:30-4:20pm \$67	Home School 4-11 yrs \$47 Super Stars 6+ yrs \$67 3:30-4:20pm			
	Gym Team Prep 6+ yrs Cheer Prep 6+ yrs 4:30-5:30pm \$75	Little Dippers 2-3 yrs Big Dippers 3-6 yrs 4:30-5:20pm \$67	Boys Gymnastics 5-10 yrs 4:30-5:20pm \$67			OPEN GYM Every Sunday 5-6PM \$5/EA
	Totally Tumbling 5-9 yrs Big Dippers 3-6 yrs Shooting Stars 4-9 yrs 5:40-6:30pm \$67	Shooting Stars 4-8 yrs Super Stars 6+ yrs 5:30-6:20pm \$67				Tumbling 8+ yrs 6-7pm \$75
		Gymnastics 8+ yrs 6:20-7:10pm \$67				

Session 2: July 12 – Aug 20 (6 wks)

Monday	Tuesday	Wednesday	Thursday	Fri.	Sat.	Sunday
	Shooting Stars 4-8 yrs 3:30-4:20pm \$80	Shooting Stars 4-9 yrs 3:30-4:20pm \$80	Home School 4-11 yrs \$60 Super Stars 6+ yrs 3:30-4:20pm \$80			
	Cheer & Tumble 6+ yrs 4:30-5:30pm \$87	Little Dippers 2-3 yrs Big Dippers 3-6 yrs 4:30-5:20pm \$80	Boys Gymnastics 5-10 yrs 4:30-5:20pm \$80			OPEN GYM Every Sunday 5-6PM \$5/EA
	Totally Tumbling 5-9 yrs Big Dippers 3-6 yrs Shooting Stars 4-8 yrs 5:40-6:30pm \$80	Shooting Stars 4-8 yrs Super Stars 6+ yrs 5:30-6:20pm \$80				Tumbling 8+ yrs 6-7pm \$87
		Gymnastics 8+ yrs 6:20-7:10pm \$80				



Gymnastics and Cheerleading

OUR PHILOSOPHY >> All Stars Unlimited is a 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!!

FREE EXPLORATION

Share in the excitement that the world of gymnastics has to offer as your child learns to hang, roll, jump, and play. With parental participation and support, your child will discover the fun of warming up to creative, interactive songs, stretching, and participating in gymnastics. Come and join in the thrill of watching your child blossom physically, socially, and mentally.

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 are "swimming in the ocean, or swinging on the bars like a monkey," our fun and creative themes 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 through fun themes and games. They will achieve success on the bars, beam, floor, and vault while mastering skills like forward rolls, cartwheels, and handstands. 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 is for the more advanced All Star who is interested in mastering cartwheels, round offs, handstands, backwalkovers, and flip flops. They will also achieve success on the bars, beams, and vault through exciting themes and games to promote teamwork. Requirement: MUST be able to push up into a strong bridge, do a forward roll, cartwheel, and handstand.

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 flip flops. They will learn so much in this upbeat tumbling class! Age and skill appropriate groups will be formed.

POWER TUMBLING & 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, flip flops, 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.

ALL STAR SPIRIT

This exciting cheer class will teach the beginning fundamentals of cheerleading such as motions, jumps, cheers and chants, dance and stunt building. Your child will also develop a self confidence that soars as they have SO much fun in this SPIRIT filled class. Cheerleading becomes an exciting and fun sport! tennis shoes are required.

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 TUMBLE/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