

Established in 1986

# Arising Stars Gymnastics

"Giving your child the foundation for success for 38+ years!"

## 2024 Fall Schedule August 26 - December 20

Online registration at [www.arisingstars.com](http://www.arisingstars.com)

No classes: September 2, Labor Day, October 31 Halloween Nov 26-28 Thanksgiving break

### Tiny Stars Play Date

Mommy or Daddy time in the gym with their "tiny star"

Age 18 months to 3 yrs.

Developing motor skills, coordination, body awareness and building friendships through gymnastic obstacles & group interactive play.

Monday 7:10 - 7:40 p.m.  
Saturday 12:00 - 12:30 p.m.

\* The goal is to familiarize the child with the gym and the instructors for future transition into a class without the parent.

**(816) 232-7502**

18950 North Hwy 59,  
Country Club, MO 64505

### Tiny Stars

Coordination and motor skills for the development of fundamental gymnastic skills.

**Romp-N-Roll:** Age 2 years

Monday 6:00 - 6:30 p.m.  
★ Arising Stars recommends "Tiny Stars play date class" if the child is hesitant about leaving the parent.

**Intro To Rock-N-Roll:** Age 3 years  
Recommended for the "new to gymnastics" students  
4-8 weeks to transition to a regular Rock-n-roll.

Monday 6:30 - 7:00 p.m.  
Thursday 5:15 - 5:45 p.m.  
Saturday 11:15 - 11:45 a.m.

**Rock-N-Roll:** Age 3 years

Monday 5:40 - 6:25 p.m.  
Thursday 5:50 - 6:35 p.m.

**Super Tiny Stars:**

By invitation 3:45 - 4:30 p.m.  
Thursday

### Fees

Class Time Number of weeks \*NO REGISTRATION FEE

Choose your number of consecutive weeks- NO make-ups.

30 minutes	4 weeks	\$65.00	8 weeks	\$125.00	12 weeks	\$175.00	16 weeks	\$220.00
45 minutes		\$75.00		\$145.00		\$200.00		\$250.00
60 minutes		\$85.00		\$165.00		\$235.00		\$300.00
90 minutes		\$130.00		\$250.00		\$350.00		\$440.00

★ Saturday classes offered September 7 - November 23 (12 weeks)

★ Intro to Rock & Intro to Mini offered 4 & 8 weeks then students evaluated for Mini 1 class.

★ # of week options may not be available for all classes.

★ Student to instructor ratio varies class to class.

★ Weeks may be added to a registration by using the "Extension of session" online.

### Mini Gymnastics

Fundamental skills on Balance Beam, Uneven Bars and Tumbling for ages 4 & 5 years

**Intro To Mini Stars:**

Recommended for the "new to gymnastics" student  
4-8 week introduction before being placed in a Mini Stars 1 or 2 class.

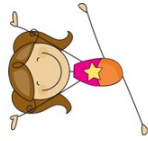
Monday 4:45 - 5:30 p.m.  
Tuesday 5:40 - 6:25 p.m.  
Thursday 6:45 - 7:30 p.m.  
Saturday 10:15 - 11:00 p.m.

**Mini Stars 1:**

Monday 5:40 - 6:25 p.m.  
Tuesday 6:40 - 7:25 p.m.  
Thursday 4:20 - 5:05 p.m.  
Thursday 5:50 - 6:25 p.m.

**Mini Stars 2:**

Need instructors approval  
Thursday 6:10 - 7:10 p.m.



### Youth Gymnastics

Developmental and fundamental skills on all 4 gymnastic events.

**Girls Ages 6 and up**

**Level 1**

Monday 4:30 - 5:30 p.m.  
Monday 7:10 - 8:10 p.m.  
Tuesday 4:30 - 5:30 p.m.  
Tuesday 5:30 - 6:30 p.m.  
Wednesday 5:10 - 6:10 p.m.  
Wednesday 6:15 - 7:15 p.m.  
Thursday 4:45 - 5:45 p.m.  
Thursday 6:45 - 7:45 p.m.  
Saturday 9:00 - 10:00 a.m.

**Levels 2**

Monday 4:20 - 5:50 p.m.  
Monday 6:40 - 8:10 p.m.  
Tuesday 6:30 - 8:00 p.m.  
Thursday 4:30 - 6:00 p.m.

**Level 3**

Tuesday 6:30 - 8:00 p.m.  
Student elevation available upon request.

### Tumbling

Tumbling skills -- no apparatus events.  
Ages 5 & older

**Beginning**

Students require back bend & cartwheel to enroll.  
Monday 6:30 - 7:00 p.m.  
Tuesday 4:45 - 5:15 p.m.  
Wednesday 4:30 - 5:00 p.m.

**Intermediate**

Students require back bend & cartwheel to enroll.  
Wednesday 7:20 - 8:05 p.m.

**Back handspring**

Students require Round-off & Back walkover to enroll.  
Thursday 7:15 - 8:00 p.m.

**Open Gym advanced Tumbling**

Students require R-off 2 back handsprings to enroll.  
Thursday 8:00 - 8:45 p.m.  
\$15 Cash at the desk each week



### Fall Early Registration Special

When Registered by July 31

Register for 16 weeks  
Save \$20 off the session price

Register for 8 weeks  
Save \$10 off session price

**Proper Apparel is for Safety:**  
Gymnastic students are requested to wear a leotard or unitards (leotards with shorts to knee) Spandex shorts over leotards are permitted. Leotards with skirts or sports bras with shorts exposing the belly are NOT allowed. Boys and Tumbling classes may wear form fitting shorts and t-shirts. No Belts, snaps, buckles or zippers for your child's safety. No Capri's, leggings, sweatshirts, jewelry. Hair should be worn up to eliminate interference with vision or placement of hands & feet, pony tails should not touch the shoulders or neck.