

GYMNASISTICS

Begin Here...

Go Anywhere!

They are more than just mats, bars, and beams.
They are building blocks for life!

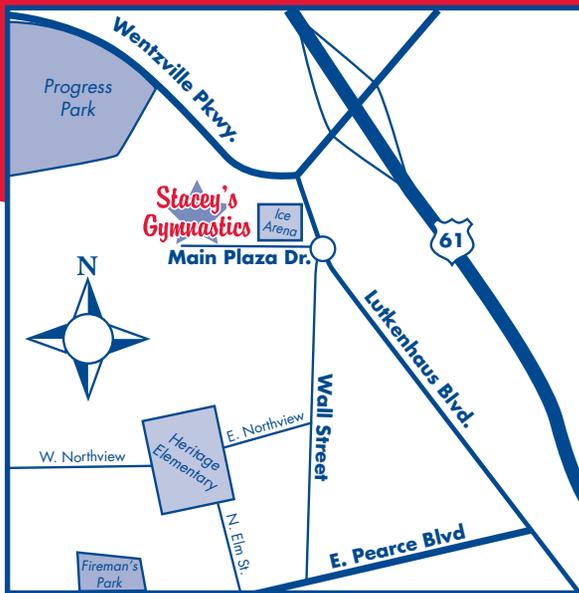
THE BENEFITS ARE ENDLESS

A few great reasons
to try gymnastics!

- ★ Gymnastics is perhaps one of the most comprehensive "lifestyle exercise programs" available to children, incorporating strength, flexibility, speed, agility, balance, coordination, power, and discipline.
- ★ Getting children away from the television or computer games and into the gym is a terrific first step toward a healthy lifestyle.
- ★ Children who have participated in movement education activities have longer attention spans, increased communication skills, general problem solving skills and improved self-esteem.
- ★ Recreational sports activities, including gymnastics is a key to balanced human development and has been proven to be a significant factor in reducing alcohol and drug use.
- ★ Gymnastics provides children with an opportunity to meet with friends, make new friends and have fun!



DIRECTIONS



FROM THE EAST

- 1: Merge onto I-70 W toward COLUMBIA.
- 2: Merge onto US-61 N via EXIT 210B toward WENTZVILLE/HANNIBAL. 1.3 miles
- 3: Take the MO-A WENTZVILLE PKWY. ramp 0.1 miles
- 4: Turn LEFT onto MO-A / WENTZVILLE PKWY. 0.1 miles
- 5: Turn LEFT onto LUTKENHAUS BLVD. 0.1 miles
- 6: At the traffic circle, take the exit onto MAIN PLAZA DR. <0.1 miles
- 7: End at 916 Main Plaza Dr ON THE RIGHT

FROM THE WEST

- 1: Merge onto I-70 E / US-40 E.
- 2: Take the WENTZVILLE PKWY. exit - EXIT 208. 0.2 miles
- 3: Turn LEFT onto WENTZVILLE PKWY. 0.2 miles
- 4: Stay STRAIGHT on WENTZVILLE PKWY. 2.3 miles
- 5: Turn RIGHT onto LUTKENHAUS BLVD. 0.1 miles
- 6: At the traffic circle, take the exit onto MAIN PLAZA DR. <0.1 miles
- 7: End at 916 Main Plaza Dr ON THE RIGHT

Stacey's Gymnastics



"You'll Flip For Us!"

916 Main Plaza Drive • Wentzville, MO 63385
www.staceysgymnastics.com

(636) 327-JUMP (5867)
(636) 332-9934

Come see our recently
expanded & remodeled
22,000 sq ft. gym!
Includes 5 waiting areas
for easy viewing.



USA GYMNASTICS.

Stacey's Gymnastics is proud to be a

MEMBER CLUB



CLASSES OFFERED AT STACEY'S GYMNASTICS



GYMNASTICS

Each class begins with warm up/conditioning for strength and flexibility. Skills are developed on Vault, Bars, Beam, and floor. The pit and trampoline are also used for training more difficult skills and a little extra fun! Here are just a few of the objectives for our gymnastics classes.

Bars: pullover, casting, back hip circle. Lots of strengthening drills to help achieve these skills and more.

Floor: forward and backward rolls, cartwheels, handstands, back bends, kick overs. Progressing into more difficult skills such as back hand springs. Many body shaping and skill brake downs are also practiced.

Beam: different arm positions and foot positions as well as other dance aspects. Different ways to walk down the beam. Levers, progressing into handstands and cartwheels. Also, various mounts and dismounts. Various balancing games to make staying on the beam fun!

Vault: proper running technique, arm swing and hurdle onto the spring board. Straight jump from the board to a safe controlled stuck landing. Progressing into dive rolls and handstand flat back.

Toddler Time Gymnastics: For boys and girls. Recommend starting at 18 mo. and continuing through 3 yrs. of age. A parent, or other adult caregiver, participates with the child. Includes all gymnastics equipment. (45 min. class)

Twinkling Starz Gymnastics: For boys and girls ages 3-6 yrs. Children participate in class without the aid of a parent or other caregiver. (50 min. class)

Rising Starz Gymnastics: For girls ages 4-7 yrs. Progressive gymnastics, special skills required. Includes all gymnastics equipment. (1 hr. class)

Shooting Starz Gymnastics: For girls ages 6 & up. Progressive gymnastics includes levels: Beginner, advanced beginner, level 1 & 2. Includes all gymnastics equipment. (1 hr or 1.5 hr class)

TUMBLING & CHEERLEADING

Here are just a few of the objectives for our Tumbling and Cheer classes.

Beg. - Adv. Tumbling: For boys and girls ages 6 & up. Floor, trampoline, and pit are used to progress through tumbling skills. (1 hr. class) Beginner and intermediate skills such as forward rolls, backward rolls, handstands, cartwheels. Advanced skills such as round-offs, back walk overs, back handsprings, front handsprings, aerial cartwheels, and round-off back handsprings.

Power Tumbling: For boys & girls ages 6 & up. Round off back handspring required. (1 hr. class) Some basic skills will be reviewed each class to keep them sharp! The focus of the class is tumbling skills beyond round-off back handspring. Such as, back tucks, layouts, and twisting tumbling.

Cheerleading: For girls ages 8 & up. Various jumps, tumbling, stunting, cheers, and dance routines. Designed to help with tryouts! (1.5 hr class) Jumps such as toe touches, hurkeys, hurdelers, and many more will be worked on. Tumbling skills such as cartwheels, round-offs, and handstands will be focused on. Various partner stunts will be learned. The class will learn cheers and chants to help with voice projection. Choreographed dance routines will also be learned.

BOYS GYM-FIT

For boys ages 6 & up. Exciting class combining gymnastics and fitness. Tumbling, bars, rings, trampoline, and conditioning. A great class for boys interested in any sport. Includes floor, pit, vault, bars, rings, and more! (1 hr. class)

NINJA STARZ:

For boys and girls ages 6 & up. A new 8 week class inspired by gymnastics, martial arts, and obstacle course training! Build strength and sharpen agility and gain confidence. This class is for boys and girls ages 6 and up. Have fun while trying something new!

DANCE:

For girls age 3-6. Fairy Tale Ballet with fairy tale themes and props. Runs in 8 week sessions, new theme each session. (30 min class)



Competitive Gymnastics

In addition to the classes listed in this brochure, we also have a competitive gymnastics team for levels 2-10 and Xcel. Our competitive classes require special skills. For more information please call.

Competitive Cheerleading

In addition to the classes listed in this brochure, we also have an All Star competitive cheerleading team. Our competitive classes require special skills. For more information please call.

WAYS TO CONTACT STACEY'S GYMNASTICS:



call: (636) 327-JUMP (5867) or (636) 332-9934



email: info@staceysgymnastics.com



online: www.staceysgymnastics.com



facebook.com/staceys.gymnastics



mail: 916 Main Plaza Dr. Wentzville MO 63385

Here is a guide for where to enter for your child's class:

Toddler Time and Twinkling Starz

enter through the left side of the building under the red Stacey's Gymnastics awning.

Competitive Team, Pre Team and Dance

enter through the front of the building under the red Stardazzlers awning.

Shooting Starz, Rising Starz, Tumbling, Cheerleading and Boys Gym-Fit

enter through the front of the building under the blue Stacey's Gymnastics awning.

GYMNASTICS BIRTHDAY PARTIES! CHECK OUR WEBSITE FOR DETAILS!