



METRO STARS PAPILLION • CLASS SCHEDULE







	Class Length	4 Week Tuition	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRE-SCHOOL								
Little Dippers <i>(Parent Assisted)</i> 18 months - 3 years	45 minutes	\$83	5:10 pm	10:00 am				11:00 am
Big Dippers 3 - 4 years	45 minutes	\$83	7:00 pm	4:15 pm 5:10 pm 6:05 pm	4:15 pm 5:10 pm 6:05 pm 7:00 pm	5:10 pm 6:05 pm 7:00 pm	5:10 pm	9:00 am 10:00 am
Shooting Stars 4 - 5 years	45 minutes	\$83	10:00 am 4:15 pm 6:05 pm	11:00 am 4:15 pm 5:10 pm 6:05 pm	4:15 pm 5:10 pm 6:05 pm 7:00 pm	5:10 pm 6:05 pm 7:00 pm	5:10 pm	9:00 am 10:00 am

Bold Italic indicates class may include 2 ½ - 5 year olds

RECREATIONAL GIRLS								
Super Novas  4 - 5 years	50 minutes	\$86	9:00 am 4:15 pm	9:00 am 6:15 pm		6:15 pm	6:15 pm	9:00 am 11:00 am
All Stars  4 - 6 years <i>(Meet twice weekly Tuesday & Thursday)</i>	1 hour	\$138		4:15 pm 5:25 pm 6:35 pm		4:15 pm 5:25 pm 6:35 pm		
Advanced All Stars  4 - 6 years <i>(Meet twice weekly Monday & Wednesday)</i>	1 ½ hours	\$190	4:20 pm		4:20 pm			
Shining Stars K - 6 years	50 minutes	\$86	4:15 pm 5:15 pm 6:15 pm	4:15 pm	4:25 pm 6:15 pm	5:15 pm		9:00 am 10:00 am 11:00 am
Beginner Girls Girls 7+ years	50 minutes	\$86	4:15 pm 5:30 pm 7:15 pm	5:15 pm 6:25 pm 7:15 pm	4:25 pm 5:25 pm	4:15 pm 7:15 pm		10:00 am
Advanced Beginner Girls  Girls 7+ years	50 minutes	\$86	6:15 pm 7:15 pm	5:25 pm	5:15 pm 7:15 pm	6:05 pm		9:00 am 10:00 am
Advanced Beginner Girls Accelerated  Girls 7+ years	1 ½ hours	\$117	7:00 pm		6:25 pm	4:25 pm		
Intermediate Girls  Girls 7+ years	1 ½ hours	\$117	6:00 pm	6:00 pm	4:20 pm	4:20 pm 7:10 pm		11:10 am
Advanced Girls  Girls 7+ years	2 hours	\$138	6:35 pm	6:40 pm		4:25 pm	5:10 pm	9:00 am

Advanced Beginner Girls, Advanced Beginner Girls Accelerated, Intermediate Girls & Advanced Girls qualify to add a corresponding USAG Xcel Team class. Please ask your coach for more information.

RHYTHMIC GYMNASTICS								
Rhythmic Gymnastics 6+ years	50 minutes	\$86	5:15 pm					

XCEL TEAM • GIRLS								
Xcel Girls Prep  5+ years	1 hour	\$52						
Xcel Bronze Team  5+ years	1 hour	\$52			6:00 pm	6:00 pm		
Xcelerated Bronze Team  5+ years	1 ½ hours	\$83	4:20 pm	4:20 pm				
Xcel Silver Team  5+ years	2 hours	\$89		4:30 pm		6:35 pm		
Xcel Gold/Platinum Team  5+ years	2 days / week 3 hours / day	\$285	5:00 pm	5:00 pm	5:00 pm	5:00 pm		
Xcel Conditioning  5+ years	1 hour	\$52						



WWW.METROSTARSGYM.COM/LAVISTA
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RECREATIONAL BOYS									
Rockets 4 - 5 years	INVITE ★ ONLY	50 minutes	\$86	6:05 pm	7:00 pm		4:15 pm	4:15 pm	9:00 am
Comets 6 - 7 years		50 minutes	\$86		6:15 pm		4:15 pm		11:00 am
Future Stars 5 - 8 years	INVITE ★ ONLY	1 ½ hours	\$117						
Beginner Boys Boys 8+ years		50 minutes	\$86		5:15 pm	4:15 pm	7:10 pm		
Adv. Beginner Boys Boys 7+ years	INVITE ★ ONLY	50 minutes	\$86				6:15 pm		10:00 am
Intermediate Boys Boys 7+ years	INVITE ★ ONLY	1 ½ hours	\$86			7:10 pm	6:15 pm		

XCEL TEAM • BOYS									
Xcel Boys 5+ years	INVITE ★ ONLY	1 hour	\$52				8:05 pm		

TRAMPOLINE & TUMBLING									
Pulsars Co-Ed K - 6 years		50 minutes	\$86			4:15 pm		4:15 pm	
Beginner T&T Co-Ed 7+ years		50 minutes	\$86	4:35 pm	4:15 pm	6:15 pm			
Advanced Beginner T&T	INVITE ★ ONLY	50 minutes	\$86		7:15 pm		7:15 pm		
Intermediate T&T	INVITE ★ ONLY	50 minutes	\$86		7:15 pm		7:15 pm		
Advanced T&T	INVITE ★ ONLY	2 hours	\$138			6:15 pm			
High School Tumbling		50 minutes	\$86		8:15 pm				
Tumbling for Dancers		50 minutes	\$86				8:15 pm	4:15 pm	
Tumbling I/II for Cheer		50 minutes	\$86			5:15 pm			12:00 pm

		Class Length	4 Week Tuition	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADDTL	Special Stars Co-Ed 6+ years	45 minutes	\$86							1:00 pm
	Ninja Stars Co-Ed 6+ years	50 minutes	\$86	5:10 pm		5:15 pm	5:15 pm		11:05 pm	

PRE-REGISTRATION IS REQUIRED FOR ALL OPEN GYMS.

Visit MetroStarsGym.com to register; choose the event and follow the prompts.

- Drop off is encouraged for ages 5 and up
- Children under age 5 must have adult supervision
- One adult per family allowed in the gym during open gym

OPEN GYM											
		Ages	Length	Price	Member Price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preschool	Preschool	1 hour	\$6 First Child \$4 Siblings	\$6 First Child \$4 Siblings					11:00 am		
Day Time	Walking - 12 yrs						11:00 am		1:00 pm		
All Ages	Walking - 19 yrs	1 ½ hours	\$12	\$10					7:15 pm		



There is an annual membership fee of \$49.00. Monthly tuition is based on four classes per month and could be higher or lower based on extra classes or holidays. Contact us about multiple class discounts at 402-505-7600 or email us at LaVista@MetroStarsGym.com. Classes of less than 3 enrolled students may be subject to cancellation.