



# METRO STARS PAPILLION • CLASS SCHEDULE

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

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

<b>RECREATIONAL GIRLS</b>									
<b>Super Novas</b> <small>INVITE ★ ONLY</small> 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	
<b>All Stars</b> <small>INVITE ★ ONLY</small> 4 - 6 years (Twice weekly Tuesday & Thursday)	1 hour	\$138		4:15 pm 5:25 pm 6:35 pm		4:15 pm 5:25 pm 6:35 pm			
<b>Adv. All Stars</b> <small>INVITE ★ ONLY</small> 4 - 6 years (Twice weekly Monday & Wednesday)	1 ½ hours	\$190	4:20 pm		4:20 pm				
<b>Shining Stars</b> K - 6 years	50 minutes	\$86	4:15 pm 5:15 pm 6:15 pm	4:15 pm 4:25 pm 7:25 pm	6:15 pm	5:15 pm		9:00 am 10:00 am 11:00 am	
<b>Beginner Girls</b> Girls 7+ years	50 minutes	\$86	5:35 pm 7:15 pm	5:15 pm 6:05 pm 6:25 pm 7:15 pm	4:25 pm 5:25 pm	4:15 pm 5:15 pm 7:15 pm		10:00 am	
<b>Advanced Beginner Girls</b> <small>INVITE ★ ONLY</small>	50 minutes	\$86	4:15 pm 6:15 pm 7:15 pm	5:25 pm 7:05 pm	4:15 pm 5:15 pm 7:15 pm	6:05 pm		9:00 am 10:00 am	3:00 pm
<b>Adv. Beginner Girls Accelerated</b> <small>INVITE ★ ONLY</small>	1 ½ hours	\$117	7:00 pm		6:25 pm	4:25 pm			
<b>Intermediate Girls</b> <small>INVITE ★ ONLY</small>	1 ½ hours	\$117	6:00 pm	6:00 pm	4:20 pm 6:25 pm 7:10 pm	4:20 pm 7:10 pm		11:00 am	
<b>Adv. Girls</b> <small>INVITE ★ ONLY</small>	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.*

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

<b>XCEL TEAM • GIRLS</b>									
<b>Xcel Girls Prep</b> <small>INVITE ★ ONLY</small> 5+ years	1 hour	\$52				7:15 pm			
<b>Xcel Bronze</b> <small>INVITE ★ ONLY</small>	1 hour	\$52			6:00 pm	6:00 pm			
<b>Xcelerated Bronze</b> <small>INVITE ★ ONLY</small>	1 ½ hours	\$83	4:20 pm	4:20 pm	4:45 pm				
<b>Xcel Silver</b> <small>INVITE ★ ONLY</small>	2 hours	\$89		4:30 pm	6:30 pm	6:35 pm			
<b>Xcel Gold and Platinum</b> <small>INVITE ★ ONLY</small>	2 days / week 3 hours / day	\$285	5:00 pm	5:00 pm	5:00 pm	5:00 pm			
<b>Conditioning</b> <small>INVITE ★ ONLY</small>	1 hour	\$52							



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<b>RECREATIONAL BOYS</b>									
<b>Rockets</b> 4 - 5 years	50 minutes	\$86	6:05 pm	7:00 pm		4:15 pm	4:15 pm	9:00 am	
<b>Comets</b> 6 - 7 years	50 minutes	\$86		6:15 pm		4:15 pm		11:00 am	
<b>Future Stars</b> 5 - 8 years	1 ½ hours	\$117							
<b>Beginner Boys</b> Boys 8+ years	50 minutes	\$86		5:15 pm	4:15 pm	7:10 pm			
<b>Advanced Beginner Boys</b> Boys 7+ years	50 minutes	\$86				6:15 pm		10:00 am	
<b>Intermediate Boys</b> Boys 7+ years	1 ½ hours	\$117			7:10 pm	6:15 pm			

<b>XCEL TEAM • BOYS</b>									
<b>Xcel Boys</b> 5+ years	1 hour	\$52				8:05 pm			

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

<b>ADDITIONAL CLASS OPTIONS</b>									
<b>Special Stars</b> Co-Ed 6+ years	45 minutes	\$86	7:00 pm						
<b>Ninja Stars</b> 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](http://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

<b>OPEN GYM</b>										
	Ages	Length	Price	Member Price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Preschool</b>	Preschool	1 hour	\$6 First Child \$4 Siblings	\$6 First Child \$4 Siblings				11:00 am		
<b>Day Time</b>	Walking - 12 yrs					11:00 am		1:00 pm		
<b>All Ages</b>	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](mailto:LaVista@MetroStarsGym.com). Classes of less than 3 enrolled students may be subject to cancellation.