



METRO STARS
online

TIPS for a SUCCESSFUL VIRTUAL CLASS

PLAN AHEAD!

We encourage your gymnast to dress as if they are coming to the gym (leotard, shorts & t-shirt, hair pulled back, etc).
Be sure to bring a water bottle!

GATHER SUPPLIES!

Each class will utilize some commonly used items to help us complete the skills and drills.
Your confirmation email will outline any needed supplies.

PREPARE YOUR CHILD!

Although our coaches will be energetic and engaging it would be helpful to explain the process to your child. We will be following a similar structure as we do in our traditional classes including warmup, stretching, stations, drills, and closing activity. Classes will last approximately 30 minutes and it might be helpful for your child to see a clock during the class.

HELP IF YOU CAN!

We recognize that many parents are working from home at this time and may not be able to assist their child. However, especially with our youngest athletes, it would be helpful to have a parent or older sibling helping them through the class. We will explain spotting techniques and safety guidelines as we coach to help you out!

HAVE FUN!

Remember that the goal at this time is to have some physical exercise and connection with our Metro Stars Community. We want this to be a positive and encouraging experience!

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METRO STARS
GYMNASTICS

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