

What is Metro Stars Online?

Metro Stars Online is a way in which we can bring you our engaging curriculum taught by Metro Stars coaches right to your living room! This virtual gymnastics class will keep your child engaged and progressing during this time when we can't get together in the gym!

Is Metro Stars Online live?

Yes! We believe that consistency is healthy for kids. For this reason we decided to offer live classes at specific times in the day. Now families have something to look forward to and provide a bit of normalcy to our lives. We will be calling out children's names as we teach our classes so that they know we are with them live!

How do we join the class?

Once you are registered through your Parent Portal (see "How-To Guide") you will receive a confirmation email from the portal. ONE HOUR prior to the start of your class you will receive an email with the link to the Zoom class. Registration for the class will be closed at this time so that we can ensure everyone has the link. Simply click the Zoom link and follow the prompts. The class will open 5 minutes prior to the class start time.

Do we need to have gymnastics equipment at home?

No! We have designed most of our lesson plans around commonly found household items. We are also trying to use a small space as we understand many families do not have a large area in which to tumble! A few select classes are geared toward families who do have equipment at home but we will specify if any equipment is needed.

Can we sign up for any class?

Yes! We have provided descriptions and age guidelines for each class but you are welcome to try out any of them! We will utilize progressions throughout the lesson plan and encourage the kids to only attempt the skills that they are physically ready for.

Will the coaches be able to see us? *(in other words... do we need to clean up the living room, put on makeup, etc?)*

No, we will be using the webinar feature of Zoom. This means that the kids can see us but we won't see them. We may use a feature in which we can talk to specific kids live during the class but families will not be able to see one another.

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How can I best prepare my child for class?

Please see our "Tips for a Successful Virtual Class"

What if I am having trouble with zoom?

Please contact our Guest Services and we will do our best to help you. Please keep in mind that this process is new to us as well so we appreciate your patience!

Will you be adding more classes?

Yes! This process is brand new to Metro Stars. As we become more adept at creating and offering the classes our plan is to provide additional classes to meet the needs of all of our students.