



## Welcome to Super Stars!



We are SUPER excited to offer this program to our young students, ages 3 ½ through 5.

In this program, children will learn gymnastics-based lessons that cover a variety of subjects. All lessons will stimulate development and foster basic knowledge.

These workshops are fun, positive, and engage all areas of growth in young children.

Super Stars promotes fitness, learning, and fun!

This program has been designed and will be taught by Coach Christie Trksak. Coach Christie has worked at Flipstar Gymnastics Academy for six years. She holds a USA Gymnastics Advanced Teacher certification, is PCA certified, CPR, AED, and First Aid by Red Cross, as well as USAG First Aid & Safety certified. Christie has an Associate in Arts degree with a focus in Early Childhood Education from Joliet Junior College, and will soon complete a Bachelor's degree from Governors State University. She has a Level 2 ECE credential with Gateways to Opportunity, an Illinois program that recognizes professionals in the early childhood field and individuals who work with children & youth. She has studied Early Childhood education for many years and is continually learning more about fostering healthy growth and development in young children. Her commitment and love for children, gymnastics, fun, and learning is sure to shine through in her Super Stars program!



1906 Ferro Drive  
New Lenox, IL  
flipstargymnastics.com

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# Super Stars

## Early Childhood Workshops



*An exciting, new  
educational Gymnastics  
program for Flipstar's  
little learners!*

Flipstar Gymnastics Academy  
1906 Ferro Drive  
New Lenox, IL  
815.723.6279 - 815.463.5900

flipstargymnastics.com

# The Whole Child

## Super Stars focuses on the **WHOLE child:**

### Physical & Motor development

- practice gymnastics skills & use gymnastics equipment
- balance, coordination, flexibility, strength, agility
- gross & fine motor skills

### Social & Emotional development

- turn taking & sharing
- following directions & receiving corrections
- encouraging others
- self-esteem, confidence, independence

### Cognitive development

- problem-solving in science & math
- science experiments
- reading & story time
- collecting & organizing data
- hands-on learning activities
- colors, shapes, numbers
- sorting, matching, patterns

### Language development

- language arts, letters, literacy
- rhyming & music

Preschool age children have an innate capacity for learning. This program supports and develops this through all areas of growth. Children will work on important skills that they can carry with them into gymnastics classes and the classroom.

## FUN THEMES FOR EACH LEARNING WORKSHOP

Every workshop will have its own unique theme that covers an educational subject. Workshops will rotate between science, math, reading, language, music and more!

## ENGAGING ACTIVITIES

Super Stars will spend most of the time in the gym doing physical activity with an educational twist. Students will also participate in circle time and projects such as crafts, experiments, and music activities.

## CONTACT

For further information about this program, please contact Coach Christie T.  
815.463.5900  
[christietrksak@gmail.com](mailto:christietrksak@gmail.com)

## WORKSHOP INFORMATION

Price: \$25/child or \$175/child for 9 weeks  
Includes supplies and craft materials

Ages: 3 ½ -5years (must be potty trained)

Week 1 – Math: GyMATHtics  
Week 2 – Reading: Read, Rock & Roll  
Week 3 – Science: Let's get Physics-al  
Week 4 – Music: Musical Mats  
Week 5 – Language: Pit Time Prepositions  
Week 6 – Art: Crafty Cartwheels  
Week 7 – Literacy: Letters & Ladders  
Week 8 – Math: Jumping Beans  
Week 9 – Reading: Books & Bounces

PRE-REGISTRATION IS REQUIRED!

