

RISING STARS

We use movement to bring learning to life.



FAQ

Q: What is Rising Stars?

A: Rising Stars is an active learning program designed for children ages 3–5. Our program combines gymnastics and movement with age-appropriate learning, creative activities, social development, and plenty of fun!

Q: What is the difference between Rising Stars and taking a class at the gym?

A: Rising Stars is a multi-hour program that combines gymnastics and movement with learning, creative activities, and social development. Unlike a traditional gym class that focuses primarily on gymnastics skills, Rising Stars uses movement to bring learning to life throughout the day.

Q: What will they be learning?

A: Children will explore letters, numbers, colors, shapes, early literacy and math concepts, while also developing coordination, confidence, independence, social skills, and the ability to follow directions. Learning is incorporated through movement, hands-on activities, play, and time in the gym.

Q: Does my child need to be potty trained?

A: Yes. All children participating in Rising Stars must be fully potty trained and able to use the restroom independently including self-cleaning and dressing.

Q: How often can my child attend?

A: Rising Stars is a 2-day-per-week program, (Mon. & Wed. or Tues. & Thurs.), all school year long. Consistent attendance helps children build routines, friendships, confidence, and skills throughout the program.

Q: Will my child be in the gym every day?

A: Yes! Movement is a big part of Rising Stars. Children will have regular time in the gym to work on gymnastics, gross motor development, coordination, balance, strength, and active play.

Q: Is Rising Stars a preschool?

A: Rising Stars is an active learning program, not a traditional preschool. Our focus is on creating opportunities for children to learn, move, explore, build confidence, and develop skills that help prepare them for their next stage of learning.

Q: What should my child bring?

A: Children should come dressed and ready to move! Send with your child a water bottle, snack and lunch each day. Families will receive a complete list of what to bring, along with program policies and daily information, before their first day.

LEARN • MOVE • GROW • SHINE

