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Recreational Gymnastics  
Class Descriptions

### **Twisters Recreational Gymnastics for Boys & Girls (Ages 6+)**

Our recreational program for boys and girls 6 and older is designed to provide your child with a challenging, fun and positive gymnastics experience. We are committed to developing the self esteem of all our students, regardless of age or ability. All programs are designed by the USA Gymnastics National Team Staff for the years 2014-2018. Twisters believes that this curriculum, combined with the Character Counts Program, will help your child build a healthy and character driven lifestyle.

#### **Beginner Boys & Girls Gymnastics (Ages 6+) 60 minutes \$108**

Students build strength and flexibility as they learn fundamental gymnastics skills in a structured and fun class. Students will be introduced to gymnastics concepts, terminology and equipment through dynamic exercises and drills. Combined with the Character Counts Program, this class will help students develop positive life skills and encourage a healthy lifestyle .

#### **Intermediate Girls Gymnastics (Ages 6+) 90 minutes \$162**

Intermediate students must be able to perform all skills from the Beginner Girls Gymnastics levels. This class focuses on the continued development of a strong foundation on vault, bars, beam and floor exercise. Students will increase their strength and flexibility and develop self confidence as they learn more difficult skills

#### **Advanced Girls Gymnastics (Ages 9+) 90 minutes \$162**

Advanced students must be at least 9 years old and able to perform all skills from the Beginner and Intermediate Girls Gymnastics levels. Students will develop a strong sense of body awareness and control as they achieve more advanced skills on vault, bars, beam and floor exercise. In addition to the physical benefits, students will also develop self discipline, perseverance, patience and dedication through the fun and exciting sport of gymnastics. *Twice a week attendance is highly recommended for this class.*

#### **Tumble Only (Ages 9+) 60 minutes \$108**

This class is for boys and girls 9 and older who want to learn how to tumble. The Tumble Only class is popular with those involved in cheerleading, parkour, dance, tricking, ice skating, martial arts and other activities that involve tumbling or acrobatics. Students will learn floor basics, flips, jumping drills and tumbling combinations. Along with the Character Counts Program, this class focuses on both the mental and physical development of the students.

#### **Annual Membership (required)**

Single \$50  
Family \$75



#### ***You'll flip over our exciting gymnastics programs!***

Twisters makes it fun to grow and learn by providing positive and safe instruction taught by highly qualified coaches who are safety certified. And gymnastics is one of the best sports around for increasing strength and balance. It's also ideal for improving the social and cognitive skills that are so important to your child's growth.

Please note that some classes may require a minimum of 3 students enrolled for the class to exist.



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Recreational  
 Gymnastics Class Schedule  
 Effective August 14th, 2017

## Recreational Gymnastics for Boys and Girls Ages 6 to 17 years

Days	Girls Beginner (Ages 6 to 8) 1 hour	Girls Beginner (Ages 9 and Up) 1 hour	Girls Advanced Beginner (Ages 6 to 8) 1 hour	Girls Advanced Beginner (Ages 9 and Up) 1 hour	Beginner Boys 1 hour	Intermediate to Advanced Girls 1.5 hours	Tumble Only
Monday	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm	4:30pm 6:15pm	3:30pm 6:00pm 7:15pm
Tuesday	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm	4:30pm 6:15pm	6:00pm
Wednesday	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm	4:30pm 6:15pm	6:00pm
Thursday	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm	4:30pm 6:15pm	6:00pm
Friday	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm 7:15pm	3:30pm 4:45pm 6:00pm	4:30pm 6:15pm	3:30pm 6:00pm 7:15pm
Saturday	9:00am 10:15am 11:30am	9:00am 10:15am 11:30am	9:00am 10:15am 11:30am	9:00am 10:15am 11:30am	10:15am 11:30am	10:00am 11:45am	9:00am 11:30am



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