



1165 N. Fair Oaks Ave. Sunnyvale, CA 94089  
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Little Twisters Gymnastics  
Class Descriptions

### **Little Twisters Gymnastics for Boys & Girls (18 months - 5 years old)**

As an introduction to gymnastics, Twisters offers a range of special motor skill classes with a clear emphasis on the joy of movement. Children 18 months to 6 years old develop listening skills, body control, and social interaction in an educational environment. They also learn to master basic gymnastics terminology, positions, and flexibility that will enhance their overall fitness. Twisters' educated staff is trained to provide your child with new and exciting challenges each week.

#### **Leaping Lions (18 months - 3 years old)\* 45 minutes \$72**

This class is designed in an effort to enhance motor development and encourage a love of physical fitness. Students and parents will be introduced to gymnastics concepts and equipment. This class will help your child develop muscle coordination, body control, and social interaction in an educational environment.

*\* Parent participation required.*

#### **Jumping Giraffes (3 to 4 years - Newbie ) 45 minutes \$92**

In this class, students will experience class structure in a safe and fun environment that further enhances motor skills, coordination, and self confidence. Your child will learn the most fundamental gymnastics skills from Twisters' trained instructors.

#### **Cartwheel Kangaroos (3 to 4 years old - Advanced) 45 minutes \$92**

Our Cartwheel Kangaroo class further expands physical, mental, and social development. Students will learn basic gymnastics terminology, positions, and skills. They will be carefully spotted by a trained instructor until they can complete the skills successfully.

#### **Bouncing Bears (4 Advanced to 5 years old) 45 minutes \$92**

Our final class in the Little Gymnastics program prepares students to transition to our Recreational Gymnastics classes. Students will develop coordination, strength, balance and flexibility as they learn new gymnastics skills. This class also focuses on the development of self confidence and social skills, with an emphasis on safety and fun.

#### **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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Little Twisters Gymnastics  
 Class Schedule  
 Effective February 25th, 2018

## Little Twisters Gymnastics Program Gymnastics for Boys and Girls Ages 18 months to 5 years

Day/Time	Leaping Lions 18 mo. - 3 years old	Jumping Giraffes 3 to 4 years old (Newbie)	Cartwheel Kangaroos 3 to 4 years old (Advance)	Bouncing Bears 4 (Advance) to 5 years old
Monday	9:00, 10:00, 11:00	9:00, 10:00, 11:00	9:00, 10:00, 11:00 3:45, 5:00, 6:15	9:00, 10:00, 11:00 3:45, 5:00, 6:15
Tuesday	9:00, 10:00, 11:00	9:00, 10:00, 11:00 3:45, 5:00, 6:15	9:00, 10:00, 11:00 3:45, 5:00, 6:15	9:00, 10:00, 11:00
Wednesday	9:00, 10:00, 11:00	9:00, 10:00, 11:00	9:00, 10:00, 11:00 3:45, 5:00, 6:15	9:00, 10:00, 11:00 3:45, 5:00, 6:15
Thursday	9:00, 10:00, 11:00	9:00, 10:00, 11:00 3:45, 5:00, 6:15	9:00, 10:00, 11:00 3:45, 5:00, 6:15	9:00, 10:00, 11:00
Friday	9:00, 10:00, 11:00	9:00, 10:00, 11:00	9:00, 10:00, 11:00 3:45, 5:00, 6:15	9:00, 10:00, 11:00 3:45, 5:00, 6:15
Saturday	9:00 10:00 11:30	9:15 10:45 11:45	9:30, 10:15 11:00, 12:00	9:45, 10:30 11:15, 12:15



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