

AMERICAN TWISTERS

2011-2012 SCHOOL YEAR CLASS SCHEDULE



School Year: August 29, 2011 - June 2, 2012 * School Year: August 29, 2011- June 2, 2012

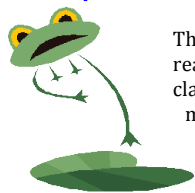
<u>Kangaroos</u>	<u>Times Offered</u>
Tuesdays	10:30-11:15
Wednesdays	10:30-11:15
Thursdays	9:30-10:15
Saturdays	9:15-10:00

Kangaroos (Walkers to 3 years with a parent)

The Kangaroos class is designed to enhance fine and gross motor skills, body awareness, and muscle coordination while promoting physical, mental and social development. Music, basic gymnastics movements, and games create a fun and healthy atmosphere for you and your child.



Tadpoles (2-3 years without a parent)



The Tadpoles class is open to boys and girls ages 2-3 who are ready to venture into the gym without parental assistance. The class is designed to further enhance your child's fine and gross motor skills, social skills, strength and coordination through the utilization of beginner gymnastics equipment and obstacle courses that emphasize climbing, hanging, jumping and rolling in a fun and safe environment.

<u>Tadpoles</u>	<u>Times Offered</u>
Tuesdays	9:30-10:15
Wednesdays	11:30-12:15
Thursdays	11:30-12:15 2:30-3:15
Fridays	2:30-3:15
Saturdays	9:15-10:00

Cubs (3-4 year olds)



<u>Cubs</u>	<u>Times Offered</u>
Mondays	3:30-4:15
Tuesdays	11:30-12:15 2:30-3:15 3:30-4:15
Wednesdays	9:30-10:15 1:30-2:15 2:30-3:15 3:30-4:15 4:35-5:20
Thursdays	10:30-11:15 3:30-4:15
Fridays	3:15-4:00 4:15-5:00
Saturdays	9:15-10:00 10:15-11:00 11:15-12:00

The Cubs class is designed to further enhance your child's developing strength and coordination by introducing him/her to basic tumbling skills and gymnastics positions. Games, obstacle courses, stretching, gymnastics and music combine to create a fun and safe atmosphere for your child to learn and grow.

Tigers (4-5 year olds)

The Tigers class is designed to create a fun, safe and challenging experience for your child where he or she will learn basic gymnastics skills on our age appropriate equipment, play games, conquer obstacle courses and learn beginner tumbling skills.



<u>Tigers</u>	<u>Times Offered</u>
Mondays	3:30-4:25 4:35-5:30
Tuesdays	2:30-3:15 3:30-4:25
Wednesdays	1:30-2:15 3:30-4:25 4:35-5:30
Thursdays	2:30-3:15 3:30-4:25 4:35-5:30
Fridays	2:30-3:15 3:15-4:10
Saturdays	9:15-10:10 10:15-11:10 11:15-12:10

Advanced Placement (Invitation Only)

<u>Program</u>	<u>Ages</u>	<u>Days Offered</u>	<u>Time</u>
Tiny Twisters	3-4	Tues & Thurs	3:00-4:00
Mini-Twisters	4-5	Mon & Wed	3:30-5:00
		Tues & Thurs	4:00-5:30

The Tiny Twisters (ages 3-4) and Mini-Twisters (ages 4-5) programs are offered by invitation to girls who show early indications of success in the sport of gymnastics. Girls in these classes must demonstrate above average strength, flexibility and listening skills. These classes take a more disciplined approach to learning gymnastics and the instructors place additional emphasis on correct technique and body position. The advanced placement classes are designed to prepare students for entry-level competition by the age of 5 or 6.

★ Check out these other great programs offered at Twisters!

<u>Mom's Morning Out</u>	<u>Every Friday is Mother's Day at American Twisters! Drop off your 3-5 year old for a Friday Morning filled with supervised games, arts & crafts, gymnastics, trampoline & bounce house fun while you enjoy a morning workout at your local gym, go shopping, or take a little break to get ready for your weekend!</u>
Fridays 9:00-12:30	

Preschool Open Gym

Looking for a fun, safe, air-conditioned place to play with your little ones? Open Gym gives you and your child the opportunity to bond and play together in our gym without the structure of a class. Enjoy watching your child run, jump, learn and explore!
Tuesdays-Fridays From 12:30-1:30 PM