

Twister Gymnastics 2010-2011 School Year Schedule



Tumble Tykes Pre-School Gymnastics

Kangaroos (Parent and Child Class for Walkers to 3 Year Olds)



<u>Days Offered</u>	<u>Times Offered</u>
Tuesday	Choose 9:30 or 10:30,
Wednesdays	Choose 9:30 or 10:30
Thursdays	Choose 9:30, 10:30, or 11:30
Saturdays	Choose 9:15 or 10:15

The Kangaroos class is open to children from walkers to 3 years along with a parent. The 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 Year Olds)

<u>Days Offered</u>	<u>Times Offered</u>
Mondays	3:30
Tuesdays	Choose 9:30, 11:30, 1:30, or 3:30
Wednesday	Choose 10:30 or 1:30,
Thursday	9:30, 11:30, 1:30 or 3:30
Friday	3:30
Saturday	Choose 9:15 or 11:15

The Tadpoles class is open to boys and girls ages 2-3 who are ready to venture into the gym and follow instruction without parental assistance. This class is designed to further enhance your child's fine and gross motor 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.



Cubs (3-4 Year Olds)

<u>Days Offered</u>	<u>Times Offered</u>
Monday	4:30
Tuesdays	Choose 10:30, 11:30, 1:30, 3:30, or 4:30
Wednesdays	Choose 9:30, 1:30, 3:30 or 4:30
Thursdays	Choose 10:30, 1:30, 3:30 or 4:30
Fridays	Choose 3:30 or 4:30
Saturdays	Choose 9:15, 10:15, or 11:15



The Cubs class is open to boys and girls ages 3-4. This 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 and music combine to create a fun and safe atmosphere.

Please note: *Twisters reserves the right to combine or close classes due to insufficient enrollment.*




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Tigers (4-5 Year Olds with Experience in the Tumble Tykes Program)

	<u>Days Offered</u>	<u>Times Offered</u>	The Tigers class is open to boys and girls ages 4-5, who have taken previous classes in our Tumble Tykes Pre-School gymnastics program. This class will further develop the skills and gymnastics vocabulary taught in the Cubs classes. Tiger's is designed to create a fun, safe and challenging experience for your child where he or she will learn on our gymnastics equipment, play games, conquer obstacle courses, and beginner tumbling skills.
	Mondays	Choose 3:30, 4:30 (Boys) or 4:30 (Girls)	
	Tuesdays	Choose 1:30, 2:30, 3:30, 4:30 or 5:30	
	Wednesdays	Choose 1:30, 2:30, 3:30, 4:30 (Boys) or 4:30 (Girls)	
	Thursdays	Choose 1:30, 2:30, 3:30 or 4:30	
	Fridays	Choose 3:30 or 4:30	
	Saturdays	Choose 9:15, 10:15 or 11:15	


Tiny-Twisters (Accelerated Program for 3-4 Year Old Girls)

The Tiny Twisters program is offered to girls that are 3-4 years old and show early indications of success in the sport of gymnastics. The program is taught by a team instructor and is designed to prepare the athletes for the Mini-Twister program	<u>Days Offered</u>	<u>Times Offered</u>	
	Tuesday and Thursday	3:00-3:55	

Mini-Twisters (Accelerated Program for 4-5 Year Old Girls)

<u>Days Offered</u>	<u>Times Offered</u>	Mini-Twisters classes are offered by invitation to 4-5 year old girls who show early indications of success in the sport of gymnastics. These classes are taught by team instructors and prepare students for acceptance onto our Jr. Olympic Team Program. The class meets twice a week for 90 minutes per class.	
Mondays and Wednesdays	3:30-5:00		
Tuesdays and Thursdays	4:00-5:30		

Mighty-Twisters (Accelerated Program for 4-5 Year Old Boys)

	<u>Days Offered</u>	<u>Times Offered</u>	Mighty Twisters classes are offered by invitation to 4-5 year old boys who show early indications of success in the sport of gymnastics. These classes are taught by team instructors and prepare students for acceptance onto our Jr. Olympic Team Programs. The class meets twice a week for 1 hour per class.
	Monday and Wednesday	4:30-5:30	

Twister Gymnastics is a CHARACTER COUNTS!SM



Certified Gold Medal Children's Activity Center

Pre-School Open Gym (Walkers to 5 Years with a Parent)

<u>Days Offered:</u>	<u>Times Offered:</u>	Pre-School Open Gym is offered 7 times during the week for walkers to 5 year olds. Open Gym gives you and your child an opportunity to play, bond, and explore areas of the gym together. All children must be accompanied by an adult.
Mondays	2:15-3:15	
Tuesdays	12:30-1:30	
Wednesdays	11:30-12:30	
Thursdays	12:30-1:30	
Fridays	12:00-1:00	
	2:15-3:15	

Please note: Twisters reserves the right to combine or close classes due to insufficient enrollment.