

# GRADE SCHOOL GIRLS GYMNASTICS

# TWISTER GYMNASTICS

CLASS SCHEDULE: Effective August 21st, 2017 (Updated as of February 14, 2018)

## GRADE SCHOOL GIRLS CLASSES

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>Red Stars (beginners)</b> Ages 5-9	3:30-4:25 4:35-5:30 5:35-6:30	3:30-4:25 4:35-5:30	3:30-4:25 4:35-5:30 5:35-6:30	3:30-4:25 4:35-5:30 5:35-6:30	3:30-4:25 4:35-5:30	9:15-10:10 10:15-11:10 11:15-12:10
<b>Red Stars (beginners)</b> Ages 8-11	5:35-6:30	5:35-6:30		4:35-5:30		
<b>Red PLUS (beginners)</b> Ages 6-9		3:30-4:55 (85 minutes)				
<b>White Stars (intermediate)</b> Ages 6-11	3:30-4:25 4:35-5:30 5:35-6:30	3:30-4:25 4:35-5:30 5:35-6:30	3:30-4:25 4:35-5:30 5:35-6:30	3:30-4:25 5:35-6:30	3:30-4:25 4:35-5:30	10:15-11:10
<b>Blue Stars (advanced)</b> Ages 8-11		5:35-6:30		5:35-6:30		11:15-12:10
<b>Teen Gymnastics</b> Ages 12-18	6:35-8:00		5:35-6:30 6:35-8:00			

## PRE-TEAM

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>TWISTSTARS*</b>	4:35-5:30		4:35-5:30			

\*TWISTSTARS must come twice a week Mon. & Wed. at 4:35

## GRADE SCHOOL GIRLS ADVANCED PLACEMENT CLASSES *invitation only*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>All Stars*</b>	6:35-8:00		6:35-8:00			

\*All Stars must come twice a week Mon. & Wed. at 5:05

<b>Xcel Bronze*</b>	3:30-4:55 5:05-6:30		3:30-4:55 5:05-6:30			
---------------------	------------------------	--	------------------------	--	--	--

\*Xcel Bronze come twice a week and must choose Mon. & Wed. at 3:30 OR Mon. & Wed. at 5:05

## TUMBLING CLASSES, & TRAMPOLINE & TUMBLING CLASSES (TNT) *co-ed*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>Tumbling Ages 9+</b>					4:35-5:30	
<b>TNT Ages 5-8</b>		3:30-4:25	3:30-4:25			
<b>TNT Ages 9+</b>		4:35-5:30	4:35-5:30 5:35-6:30			
<b>TNT Advanced (Invitation Only)</b>		5:35-7:00				

# GRADE SCHOOL GIRLS GYMNASTICS

## Class Descriptions

### **RED STARS** beginner

The Red Level is for Beginner grade school girls ages 5-11. We realize that girls may begin gymnastics at different ages. For this reason we offer the option of Red classes that are geared toward younger grade school girls (ages 5-9) and older grade school girls (ages 8-11) in addition to the all age classes (5-11). Girls 11+ may also try the Teen Gymnastics class (regardless of their skill level). It is highly recommended that all 5 year olds take a Tigers class before taking a Red Class.

### **WHITE STARS** intermediate

Prerequisite: 50 Stars and 13 Stripes earned by learning certain skills at the Red Level. Typically it takes a year or more to complete the Red Level therefore girls who enter the White Level should be between 6-11.

### **BLUE STARS** advanced

Prerequisite for Blue: 50 Stars and 13 Stripes earned by learning certain skills at the White Level. Typically it takes 1.5-2.5 years to complete the White Level so most students who enter the Blue Level should be between 8-11.

### **TEEN GYMNASTICS** all levels

Teen gymnastics classes are offered to girls ages 12-18 of all ability levels.

### **TWISTSTARS** pre-team

TWISTSTARS is a pre-team program for students who have had gymnastics instruction before and are committed to the Team track. This class will prepare your student to join our competitive Team. Students must attend both Monday and Wednesday 4:35 classes! Ages 6-9.

### **ADVANCED PLACEMENT CLASSES** invitation only

#### **ALL STARS** non-competitive track

The Non-Competitive Advanced Placement Classes are offered to girls who love and excel in gymnastics but are not interested in the joining the competitive team program.

#### **XCEL BRONZE** competitive track

Xcel Bronze is offered by invitation to girls who demonstrate above average strength, flexibility, coordination and love for gymnastics. The program focuses on further developing these areas with extra emphasis on proper technique and execution of skills. Xcel Bronze is for gymnasts who want a competitive experience without the commitment of team.

*Please request an evaluation if your daughter is interested in competitive gymnastics.*

### **TUMBLING & TNT CLASSES** co-ed

Tumbling Classes are offered for all age groups. Tumbling is great for dancers, cheerleaders, martial arts students or anyone who wants to learn tumbling skills. The Trampoline & Tumbling Classes (TNT) include a focus on trampoline skills as well as tumbling skills.

**Please note:** Most of our classes fill quickly. If a your first choice class is not currently available we will gladly place you on a waiting list for that class while your child participates in another class. Additionally, any classes that have low enrollment may be cancelled or combined with another class that is offered on the same day/time.