

GRADE SCHOOL GIRLS GYMNASTICS

TWISTER GYMNASTICS

CLASS SCHEDULE: Effective August 20th, 2018



GRADE SCHOOL GIRLS CLASSES

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Red Stars (beginners) 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	3:30-4:25 4:35-5:30	9:15-10:10 10:15-11:10 11:15-12:10
Red Stars (beginners) Ages 8-11	5:35-6:30	5:35-6:30	4:35-5:30	4:35-5:30		
White Stars (intermediate) Ages 6-11	3:30-4:25 5:35-6:30	3:30-4:25 5:35-6:30	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
Blue Stars (advanced) Ages 8-11	4:35-5:30	5:35-6:30		5:35-6:30		11:15-12:10

GRADE SCHOOL GIRLS ADVANCED PLACEMENT CLASSES *invitation only*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
All Stars*	3:30-4:55 5:05-6:30 6:35-8:00		3:30-4:55 5:05-6:30 6:35-8:00			

*All Stars must come twice a week!

TUMBLING CLASSES, & TRAMPOLINE & TUMBLING CLASSES (TNT)

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

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www.twistergymnastics.com . office@twistergymnastics.com

GRADE SCHOOL GIRLS GYMNASTICS

Class Descriptions

RED STARS beginner

The Red Level is a gymnastics class 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). Girls 12+ may 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. The girls focus on all four gymnastics events: beam, vault, floor and bars.

WHITE STARS intermediate

In order to enter the White level, girls must have the following skills mastered: strong handstand, cartwheel in a straight line, pullover on bars, strong bridge, run & jump on trampoline with two feet to get to resi mat. 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

In order to enter the Blue level, girls must have the following skills mastered: front & back walkover, back hip circle on the bars, cartwheel on low beam, solid handstand flat-back on vault. 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.

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. All Stars 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.

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.*