

GRADE SCHOOL BOYS Gymnastics

# TWISTER GYMNASTICS

CLASS SCHEDULE: Effective August 20th, 2018



## GRADE SCHOOL BOYS CLASSES

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Grades K-2nd		4:35-5:30	4:35-5:30 5:35-6:30	3:30-4:25		9:15-10:10
Grades 3rd-6th	5:35-6:30		5:35-6:30		4:35-5:30	
Ages 7+	4:35-5:30					

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

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Boys Advanced Ages 8-12		4:30-5:55		4:30-5:55		

This program requires students to come twice a week.

## NINJA ZONE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Ages 5-8		5:35-6:30	3:30-4:25	4:35-5:30	3:30-4:25	
Ages 8-11	4:35-5:30					11:15-12:10

## 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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## Class Descriptions

### **GRADE SCHOOL BOYS CLASSES** Grades K-6th

In the Grade School Boys Gymnastics Classes your son will benefit from increased physical activity and improve in areas such as strength, flexibility, and coordination while learning gymnastics skills and routines. In addition to gymnastics, our fun-filled curriculum and lesson plans include activities that help develop good character and while promoting teamwork and good sportsmanship.

### **GRADE SCHOOL BOYS ADVANCED GYMNASTICS** 8-12 invitation only

Boys Advanced Gymnastics is offered by invitation only to boys ages 5-8 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.

### **NINJA ZONE** Ages 5-11

Ninja Zone is a fast paced, skill based program geared for boys on energy overload. The Ninja training will combine military style obstacle courses, gymnastics tumbling and martial arts into one fluid motion.

### **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.