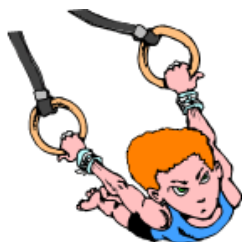


# American Twisters

CLASS SCHEDULE: EFFECTIVE AUGUST 28, 2017



WELCOME TO TWISTERS' FUN IN MOTION BOYS RECREATIONAL GYMNASTICS!



As a student in the Fun In Motion Boy's Recreational Gymnastics Program 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, promote teamwork, and good sportsmanship.

	MON	TUES	WED	THURS	FRI	SAT
K-2 <sup>nd</sup> Grade	3:30-4:25	2:30-3:15		3:30-4:25	3:20-4:15	9:15-10:10
		4:35-5:30				11:15-12:10
Grades 3-6	4:35-5:30	2:30-3:15		4:35-5:30		10:15-11:10



## TUMBLING CLASSES (CO-ED):

Tumbling classes are offered for all age groups! Tumbling is great for dancers, cheerleaders, martial arts students, gymnasts who want more floor work or anyone who wants to learn tumbling skills!



	MON	TUES	WED	THURS	FRI	SAT
Tumbling (Ages 5-7)				5:45-6:40		
Tumbling (Ages 8+)			5:45-6:40	5:45-6:40	4:20-5:15	
Teen Tumble	5:45-6:40 6:45-7:40		6:45-7:40			

## GRADE SCHOOL OPEN GYM (CO-ED)



Grade School Open Gym is available to children ages 5 and up. Open Gym gives children the opportunity to play games, socialize, and practice their gymnastics skills in a supervised, fun, and safe environment.

Open Gym is not an instructional class.

MONDAYS 7:00-8:00 PM \* WEDNESDAYS 7:00-8:00 PM \* FRIDAYS 5:30-7:30 & 7:30-9:30



### **Autism Spectrum Disorder (ASD) Gymnastics Class: Fridays 2:30-3:15 (with parent/guardian)**

The sport of gymnastics provides a sensory-rich environment while simultaneously using physical exercise to develop fine and gross motor skills in children with ASD.