

American Twisters

CLASS SCHEDULE: EFFECTIVE AUGUST 28, 2017

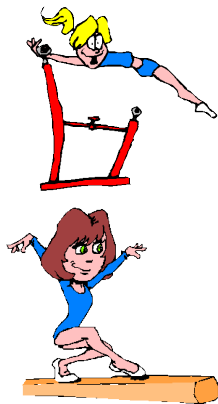


THANK YOU FOR CHOOSING TWISTERS' FUN IN MOTION GIRLS RECREATIONAL GYMNASTICS!

Gymnastics is a sport involving the acquisition and performance of skills that require physical strength, flexibility, agility, balance, coordination and mental focus. Twisters' groups the girls with similar physical abilities together for the safe acquisition of new skills. The Levels in the Girls Recreational Program are Red Stars (Beginner), White Stars (Intermediate), Blue Stars (Advanced) and All-Stars (Advanced 2). As each student progresses through the levels her strength and flexibility must continue to improve in order for her to safely learn more difficult skills. Each Level has skill requirements on the Olympic events that we call "Stars" and special requirements (such as dance, strength, and flexibility) called "Stripes."

RED STARS (BEGINNER)

The Red Stars is for Beginner grade school girl's in kindergarten and above. We realize that girls may begin gymnastics at different ages and for this reason we offer the option of Red classes that are geared toward younger grade school girls (ages 5-8) and older grade school girls (ages 8-11) in addition to the all ages classes (5-11). Girls 11+ may also try the Teen Gymnastics Class (regardless of their skill level).



	MON	TUES	WED	THURS	FRI	SAT
AGES 5-8	3:30-4:25	3:30-4:25	3:30-4:25	2:30-3:15	4:20-5:15	9:15-10:10
	4:35-5:30	4:35-5:30	4:35-5:30	3:30-4:25		10:15-11:10
	5:45-6:40	5:45-6:40	5:45-6:40	4:35-5:30		11:15-12:10
	6:45-7:40	6:45-7:40	6:45-7:40	5:45-6:40		12:15-1:10
AGES 8-11	3:30-4:25	3:30-4:25	3:30-4:25	3:30-4:25	4:20-5:15	10:15-11:10
	4:35-5:30	4:35-5:30	4:35-5:30	4:35-5:30		11:15-12:10
	5:45-6:40	5:45-6:40	5:45-6:40	5:45-6:40		12:15-1:10
	6:45-7:40	6:45-7:40	6:45-7:40	6:45-7:40		
AGES 5-11		2:30-3:15	2:30-3:15		3:20-4:15	

WHITE STARS (INTERMEDIATE)

Typically it takes a year or more to complete the Red Level; Therefore girls who enter the White Level should be between 6-11 years old and must have mastered the required skills in Red Stars.

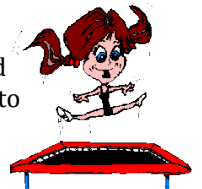


	MON	TUES	WED	THURS	FRI	SAT
AGES 6-11	3:30-4:25	3:30-4:25	2:30-3:15	2:30-3:15	3:20-4:15	9:15-10:10
	4:35-5:30	4:35-5:30	3:30-4:25	3:30-4:25	4:20-5:15	10:15-11:10
	5:45-6:40	5:45-6:40	4:35-5:30	4:35-5:30		11:15-12:10
		6:45-7:40	5:45-6:40	5:45-6:40		12:15-1:10
			6:45-7:40	6:45-7:40		

BLUE STARS (ADVANCED 1)

Typically it takes 1.5-2.5 years to complete the Blue level. Most students who enter the blue level should be between the ages of 8-11. Gymnasts must have mastered all the required skills in Red & White Stars to advance to Blue Stars.

MON	TUES	WED	THURS	FRI	SAT
6:45-7:40	5:45-6:40	5:45-6:40 6:45-7:40	4:35-5:30 5:45-6:40		



American Twisters

CLASS SCHEDULE: EFFECTIVE AUGUST 28, 2017



ALL-STARS:

All-Stars classes are open to girls who have earned all their required stars and stripes at the Red, White and Blue Levels.

DAYS OFFERED	TIME
Tuesdays	6:45-8:10
Thursdays	6:45-8:10

TEEN GYMNASTICS (ALL LEVELS):

Teen Gymnastics classes are offered to girls ages 11+ of all ability levels.

THURS
6:45-8:10

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 setting.

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

GRADE SCHOOL ADVANCED PLACEMENT:

Girls who demonstrate above average ability in strength, flexibility and coordination may receive a recommendation from their class Instructor to be evaluated for one of these programs. Evaluations can be scheduled by the front office and will be performed by the Program Leader. A recommendation from a class instructor does not guarantee that a child is ready to enter the program (program readiness is determined by the Program Leader and based on the results of a physical abilities test given during the evaluation).

TWIST-STARS: The Twist-Stars Program is an accelerated class that meets 2x per week for 85 min. The goal of this class is to prepare gymnasts for the entry levels of the American Twisters Competitive Team Program.



PROGRAM	DAYS	TIME
Twist-Stars (Ages 5-7)	Mondays & Wednesdays	3:30-4:55
	Tuesdays & Thursdays	5:00-6:25

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	4:30-5:25	
Teen Tumble	5:45-6:40		6:45-7:40			
	6:45-7:40					



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.