

# American Twisters

CLASS SCHEDULE: EFFECTIVE AUGUST 28, 2017



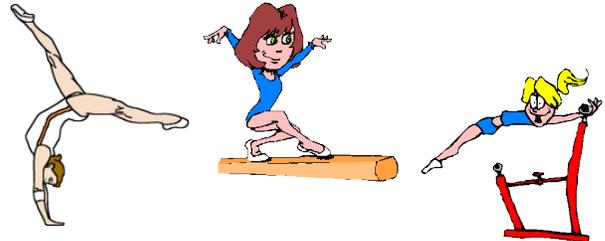
**\*\*A parent or guardian *MUST* be present in the gym during all preschool classes\*\***

## Tigers (4-5 year olds):

The Tigers class is designed to create a fun, safe and challenging experience for your child. He or she will learn basic gymnastics skills on age appropriate equipment, play games, conquer obstacle courses and learn beginner tumbling skills.



Mondays	3:30-4:25
	4:35-5:30
	5:45-6:40
Tuesdays	2:30-3:15
	3:30-4:25
	4:35-5:30
	5:45-6:40
Wednesdays	3:30-4:25
	4:35-5:30
	5:45-6:40
Thursdays	1:35-2:20
	2:30-3:15
	3:30-4:25
	4:35-5:30
	5:45-6:40
Fridays	3:20-4:15
	4:20-5:15
Saturdays	9:15-10:10
	10:15-11:10
	11:15-12:15



## Preschool Advanced Placement (by Invitation Only)

The Tiny-Twisters and Mini-Twisters Programs are offered by invitation to girls who show early indications of success in the sport of gymnastics. Girls in these classes must demonstrate above average strength, flexibility and listening skills. These classes take a more disciplined approach to learning gymnastics skills and the instructors place extra emphasis on correct technique and body position. These programs are designed to prepare the gymnasts for entry-level competition by the time they turn age 5-6.

AP Program	Ages	Days	Time
Mini-Twisters	4-5	Mondays & Wednesdays	5:00-6:25
		Tuesdays & Thursdays	3:30-4:55
Tiny Twisters	3-4	Mondays & Wednesdays	3:30-4:25

## Preschool Open Gym Schedule

Looking for a fun, safe, air-conditioned place to play and explore with your little ones? Open Gym gives you and your child the opportunity to bond and play together in our gym without the structure of a class. Enjoy watching your child run, jump, learn and explore. Preschool Open Gym is for Walkers – 5 years with a parent or guardian.

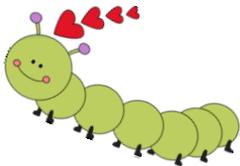
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
N/A	12:30-1:30	12:30-1:30	12:30-1:30	12:30-1:30	N/A

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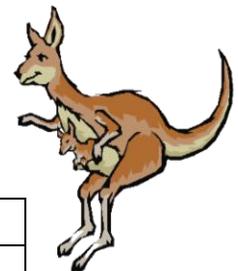
## Caterpillars (Crawlers with a parent)

The caterpillars class is offered at no charge. This class requires the parent to have hands-on participation. Music, circle time activities, and mini-obstacle courses are designed to give crawlers a fun and safe environment to explore while developing grip strength, learning to stand up and eventually walk.

Tuesdays	Thursdays
11:30-12:15	11:30-12:15

## Kangaroos (Walkers to 3 years with a parent)

The Kangaroos class is designed to enhance fine and gross motor skills, body awareness, and coordination while promoting physical, mental, and social development. Music, basic gymnastics movements and games create a fun and healthy atmosphere for you and your child.



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
	10:30-11:15	10:30-11:15	9:30-10:15 10:30-11:15		9:15-10:00

## Cubs (3-4 year olds)

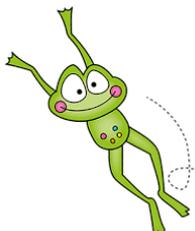
The Cubs class is designed to further enhance your child's developing strength and coordination by introducing him/her to basic tumbling and gymnastics skills and positions. Games, obstacle courses and music combine to create a fun and safe atmosphere.



Mondays	3:30-4:15 4:35-5:20
Tuesdays	10:30-11:15 3:30-4:15 4:35-5:20
Wednesdays	10:30-11:15 11:30-12:15 2:30-3:15 4:35-5:20
Thursdays	10:30-11:15 2:30-3:15 3:30-4:15 4:35-5:20
Fridays	4:20-5:05
Saturdays	9:15-10:00 10:15-11:00 11:15-12:00

## Tadpoles (2-3 years without a parent)

The Tadpoles class is open to boys and girls ages 2-3 who are ready to venture into the gym without parental assistance. This class is designed to further enhance your child's fine and gross motor skills, social skills, strength and coordination through the utilization of beginner gymnastics equipment and obstacle courses that emphasize climbing, hanging, jumping and rolling in a fun and safe environment.



Mondays	
Tuesdays	9:30-10:15
Wednesdays	10:30-11:15 2:30-3:15
Thursdays	10:30-11:15
Fridays	2:30-3:15
Saturdays	9:15-10:00 10:15-11:00