

GRADE SCHOOL BOYS GYMNASTICS

AMERICAN TWISTERS

CLASS SCHEDULE : Effective August 28th 2017



GRADE SCHOOL BOYS CLASSES

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

TUMBLING CLASSES *co-ed*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
BHS class*	4:35-5:30			4:35-5:30		
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 a non-instructional class.

MONDAYS 7:00-8:00 * WEDNESDAYS 7:00-8:00 * 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.

GRADE SCHOOL BOYS GYMNASTICS

Class Descriptions

GRADE SCHOOL BOYS CLASSES *grades K-6*

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.

TUMBLING *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. They include a focus on trampoline skills as well as tumbling skills.

BACK HANDSPRING CLASS *co-ed**

The back handspring class can be added in addition to a regular gymnastics class or tumbling, or can be taken twice a week. It focuses on learning a back handspring while perfecting basic tumbling skills. They will work on building up strength, flexibility, and coordination to be able to complete a BHS on their own.

*Students must pass a basic evaluation before entering the class.

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.