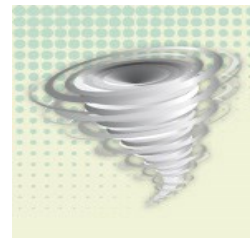
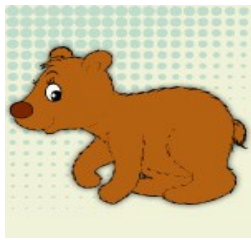
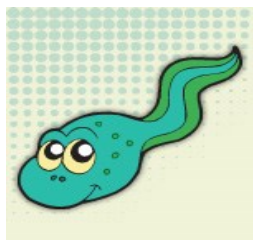


# PRESCHOOL GYMNASTICS

# AMERICAN TWISTERS

CLASS SCHEDULE: Effective August 20th, 2018



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

## PRESCHOOL CLASSES

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>Caterpillars</b> Crawlers with a parent		11:30-12:15		11:30-12:15			
<b>Kangaroos</b> Walkers-3 years old with a parent		10:30-11:15		9:30-10:15		9:15-10:00	
<b>Tadpoles</b> 2-3 year olds		9:30-10:15	10:30-11:15	10:30-11:15	2:30-3:15	9:15-10:00 10:15-11:00	9:30-10:15
<b>Cubs</b> 3-4 year olds	3:30-4:15 4:35-5:20	10:30-11:15 3:30-4:15 4:35-5:20	11:30-12:15 2:30-3:15 3:30-4:15 4:35-5:20	10:30-11:15 2:30-3:15 3:30-4:15 4:35-5:20	3:20-4:05 4:20-5:05	9:15-10:00 10:15-11:00 11:15-12:00 12:15-1:00	9:30-10:15 10:30-11:15
<b>Tigers</b> 4-5 year olds	3:30-4:25 4:35-5:30 5:45-6:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40	3:30-4:25 4:35-5:30 5:45-6:40	1:35-2:20 2:30-3:15 3:30-4:25 5:45-6:40	3:20-4:15 4:20-5:15	9:15-10:10 10:15-11:10 11:15-12:10	

## PRESCHOOL ADVANCED PLACEMENT CLASSES *invitation only*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>Tiny Twisters</b> 3-4 years old	3:00-3:55		3:00-3:55			
<b>Mini Twisters</b> 4-5 years old	5:00-6:25	3:30-4:55	5:00-6:25	3:30-4:55		

\*Advanced classes are required twice a week: Monday & Wednesday or Tuesday and Thursday.

# PRESCHOOL GYMNASTICS

## *Class Descriptions*

### **CATERPILLARS** *crawlers with a parent*

The Caterpillars class is offered at no charge. This interactive 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.

### **KANGAROOS** *walkers 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.

### **TADPOLES** *2 to 3 years old 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.

### **CUBS** *3 to 4 years old*

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

### **TIGERS** *4 to 5 years old*

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.

## **PRESCHOOL ADVANCED PLACEMENT** *INVITATION ONLY*

The Preschool Advanced Placement programs are offered by invitation to gymnasts who show early indications of success in the sport of gymnastics. Gymnasts 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 an extra emphasis on correct technique and body position. These classes are designed to prepare students for entry-level competition by age 5 or 6.

**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.