

# GRADE SCHOOL GIRLS GYMNASTICS

# AMERICAN TWISTERS

CLASS SCHEDULE: Effective August 20th, 2018



## GRADE SCHOOL GIRLS CLASSES

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays	
<b>Red Stars</b> Ages 5-8	3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	3:20-4:15 4:20-5:15	9:15-10:10 10:15-11:10 11:15-12:10 12:15-1:10	8:30-9:25 10:30-11:25
<b>Red Stars</b> Ages 8-11	3:30-4:25 5:45-6:40 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	4:35-5:30 5:45-6:40 6:45-7:40	4:20-5:15	10:15-11:10 11:15-12:10 12:15-1:10	
<b>White Stars</b> Ages 6-11	3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	3:20-4:15 4:20-5:15	9:15-10:10 10:15-11:10 11:15-12:10 12:15-1:10	
<b>Blue Stars</b> Ages 6+	6:45-7:40	5:45-6:40	5:45-6:40 6:45-7:40	4:35-5:30 5:45-6:40			12:15-1:10	
<b>All-Stars *</b>		6:45-8:10		6:45-8:10				
<b>Teen Gymnastics</b>				6:45-8:10				

## GRADE SCHOOL GIRLS ADVANCED PLACEMENT CLASSES *invitation only*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>Twist-Stars</b>	3:30-4:55 6:35-8:00	5:00-6:25 6:35-8:00	3:30-4:55 6:35-8:00	5:00-6:25 6:35-8:00		

\*Twist-Stars must come twice a week and can choose Mon. & Wed. or Tues. & Thurs.

## TUMBLING CLASSES *co-ed*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>Tumbling Ages 5-7</b>				5:45-6:40		
<b>Tumbling Ages 8+</b>			5:45-6:40	5:45-6:40	4:20-5:15	
<b>BHS class *</b>				4:35-5:30		
<b>Teen Tumble</b>	5:45-6:40 6:45-7:40		6:45-7:40			

# GRADE SCHOOL GIRLS GYMNASTICS

## *Class Descriptions*

### **RED STARS** *beginner*

The Red Level is for beginner grade school girls, kindergarten and above. We realize that girls may begin gymnastics at different ages. For this reason, we offer the option of Red classes that are geared towards younger grade school girls (ages 5-8) and older grade school girls (ages 8-11) in addition to the all age classes (5-11). Girls 12+ may also try the Teen Gymnastics class (regardless of their skill level).

### **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 and must have mastered all the required skills in the Red Stars.

### **BLUE STARS** *advanced*

Typically it takes 1.5-2.5 years to complete the Blue Level. Students who enter the Blue Level must have mastered all the required skills in the Red and White levels to advance.

### \* **ALL STARS** *advanced 2*

All-Stars are required to come twice a week and are open to girls who have earned all the required stars at the Red, White, & Blue levels.

### **TEEN GYMNASTICS** *all levels*

Teen gymnastics classes are offered to girls ages 12-18 of all ability levels.

### **ADVANCED PLACEMENT CLASSES** *invitation only*

Gymnasts in these classes must demonstrate above average strength, flexibility, and coordination. Gymnasts may receive a recommendation from their instructor and will need to pass an evaluation from the pre-team leader. See the front office for more information.

### **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. The Tumbling Classes 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. It focuses on learning a back handspring while perfecting basic tumbling skills.

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

### **AUTISM SPECTRUM DISORDER (ASD) GYMNASTICS CLASS:**

*Fridays 2:30-3:15 (with a 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.