

GRADE SCHOOL BOYS GYMNASTICS

AMERICAN TWISTERS

SUMMER CLASS SCHEDULE: Effective June 10th, 2019



GRADE SCHOOL BOYS CLASSES

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

TUMBLING CLASSES *co-ed*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
BHS class*				4:35-5:30		
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			

NINJA ZONE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Grades K-2		5:45-6:40	4:35-5:30			
Grades 3-6						

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 5:30-9:30

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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.

NINJA ZONE *grades K-2*

Ninja Zone is a fast paced, skill based program geared for boys on energy overload. The Ninja training will combine military style obstacle courses, gymnastics tumbling and martial arts into one fluid motion.

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 or tumbling class. 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.