



CUSTOM COACHING: PRIVATE & SEMI-PRIVATE LESSONS

What is custom coaching?

Custom Coaching is private (one on one) or semi-private (2:1) instruction that is tailored to the individual athlete and his/her goals. Private lessons provide the perfect setting to address personal goals and work on areas of individual interest. Private instruction accelerates gymnastics skill acquisition with the use of customized lesson/training plans and individual attention.

Are Private Lessons for you?

Private lessons are available for beginners to the most advanced athletes. Private instruction is offered to recreational gymnastics, preschool gymnastics, cheerleaders, tumblers, special needs children, dancers, free-runners, and martial arts students. Twisters also offers private fitness and tumbling instruction to adults, Crossfitters, and cheerleaders.

Scheduling:

Private lessons are based on instructor availability. Generally private lessons cannot be taught during peak hours (3:30-7:45 PM), as the coaches are needed to teach classes at those times. To schedule a private lessons please contact Twister's office.

Pricing and Packages:

Private Lesson: (One on One Instruction)	<u>30 min</u> *Member Rate	<u>45 min</u> *Member Rate	<u>60 min</u> *Member Rate	<u>30 min</u> *Non-Member Rate	<u>45 min</u> *Non-Member Rate	<u>60 min</u> *Non-Member Rate
One Lesson	\$83	\$104	\$114	\$99	\$129	\$139
5 Lesson Package	\$385	\$490	\$525	\$470	\$595	\$645
10 Lesson Package	\$740	\$930	\$990	\$890	\$1,090	\$1,190
Semi Private: (Two Students & One Instructor)	<u>30 min</u> *Member Rate	<u>45 min</u> *Member Rate	<u>60 min</u> *Member Rate	<u>30 min</u> *Non-Member Rate	<u>45 min</u> *Non-Member Rate	<u>60 min</u> *Non-Member Rate
One Lesson	\$104	\$147	\$167	\$124	\$175	\$199
5 Lesson Package	\$495	\$695	\$795	\$585	\$845	\$965
10 Lesson Package	\$920	\$1,370	\$1,530	\$1,090	\$1,630	\$1,830

Advance payment is required for all private lessons and packages.

Cancellation policy: When the student has to miss a private lesson, we require 24 hour notice of cancellation. Without 24 hour notice, you will be responsible for the cost of the lesson and no make-up will be given for that lesson. Make ups can be scheduled when you provide at least 24 hour notice, or when a private must be rescheduled due to instructor's availability or Twister Gymnastics holiday closings.