



TWISTERS SPORTS CENTER
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 twisterssportscenter.com

Twisters Gymnastics
 2012 Class Schedule

Born to Flip Program Preschool Gymnastics for Girls & Boys (18 months-6 years)

Day of week	Walking Wonder (Walkers-3)	Preschool Player (ages 3-4)	Cartwheel Kinder (ages 4-5)	Dyno-Tumbler (ages 5-6)
Monday	9:30a, 10:15a, 1:45p, 2:45p	9:45a, 11:00a, 2:00p, 3:00p, 4:00p, 4:45p	10:30a, 11:15a, 2:15p, 3:45p, 4:30p	2:30p, 3:30p, 4:15p, 5:15p
Tuesday	10:00a, 11:00a, 1:45p, 2:45p	9:15a, 9:45a, 10:30a, 11:15a, 2:00p, 3:00p, 3:30p, 4:00p, 4:30p	9:30a, 10:15a, 10:45a, 2:15p, 3:45p, 4:45p	2:30p, 3:15p, 4:15p, 5:00p
Wednesday	10:00a, 11:00a, 1:45p, 2:45p	9:15a, 9:45a, 10:30a, 11:15a, 2:00p, 3:00p, 3:30p, 4:30p	9:30a, 10:15a, 11:30a, 2:15p, 3:15p, 4:00p, 4:45p	2:30p, 3:45p, 4:15p, 5:00p
Thursday	9:15a, 10:45a, 1:45p, 2:45p	9:30a, 10:00a, 11:00a, 2:00p, 3:00p, 3:30p, 4:00p, 4:30p	9:00a, 9:45a, 10:15a, 11:15a, 2:15p, 4:15p, 4:45p	2:30p, 3:15p, 3:45p, 5:00p
Friday	9:30a, 10:30a	9:15a, 10:00a, 10:45a, 2:00p, 2:45p, 3:45p, 4:30p	9:45a, 10:15a, 11:00a, 2:15p, 3:15p, 4:00p, 4:45p, 5:00p	2:30p, 3:00p, 3:30p, 4:15p, 5:15p
Saturday	8:30a, 10:00a	9:15a, 10:30a, 11:15a	9:00a, 9:30a, 10:45a	8:45a, 9:45a, 10:15a, 11:15

Learn to Flip Program Recreational Gymnastics for Girls & Boys (6+ years)

Day of week	Beginner Girls	Intermediate Girls	Advanced Girls	Beginner Boys	Tumble Only
Monday	3:15p, 3:45p, 4:00p, 5:00p	3:30p, 5:15p	5:30p	4:15p	6:00p
Tuesday	3:15p, 3:45p, 4:00p, 5:00p	3:30p, 4:30p	4:45p	4:15p	5:45p
Wednesday	3:15p, 3:45p, 4:00p, 5:00p	3:30p, 4:30p, 5:00p	4:45p	4:15p	5:45p
Thursday	3:15p, 3:45p, 4:00p, 4:45p, 5:15p	3:30p, 5:00p	4:30p	4:15p, 5:00p	5:45p
Friday	3:15p, 3:45p, 4:00p, 4:45p, 5:00p, 5:45p	3:30p, 4:00p	5:30p	4:15p, 5:15p	5:45p
Saturday	9:00a, 9:45a, 10:00a, 11:00a	10:45a, 11:30a	11:00a	9:15a, 10:15a	12:00p



You'll flip over our exciting gymnastics programs!

Twisters makes it fun to grow and learn by providing positive and safe instruction taught by highly qualified coaches who are safety certified. And gymnastics is one of the best sports around for increasing strength and balance. It's also ideal for improving the social and cognitive skills that are so important to your child's growth.

PLEASE NOTE

All classes must have a minimum of 3 children enrolled for a class to exist.



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Born to Flip Program Preschool Gymnastics for Girls & Boys (walkers-6 years)

As an introduction to gymnastics, Twisters Sports offers a range of special motor skill classes with a clear emphasis on the joy of movement. Preschoolers develop listening skills, body control, and social interaction in an educational environment. They also learn to master basic gymnastics terminology, positions, and flexibility that will enhance their overall fitness. Twisters' educated staff is trained to provide your child with new and exciting challenges each week.

Walking Wonder (walkers-3) 45 minutes \$64 (\$59 Autopay)

This class is designed for children – walkers to 3 years – in an effort to enhance motor development and encourage a love of physical fitness (we rely on our instructors to make this happen). Students and parents are introduced to gymnastics concepts and equipment in these classes. It will help your child develop muscle coordination, body control, and social interaction in an educational environment. (Parent participation required).

Preschool Player (Ages 3-4) 45 minutes \$75 (\$70 Autopay)

In this class, preschoolers will experience class structure in a safe and fun environment that further enhances motor skills, coordination, and self-confidence. Your child will learn the most fundamental gymnastics skills from Twisters' trained instructors.

Cartwheel Kinder (Ages 4-5) 45 minutes \$75 (\$70 Autopay)

Cartwheel Kinders further expand physical, mental, and social development. They will learn basic gymnastics terminology, positions, and skills. Children will be carefully spotted until they can complete the skills successfully.

Dyno-Tumbler (Ages 5-6) 45 minutes \$75 (\$70 Autopay)

This class offers 5- and 6-year olds the opportunity to transition from preschool to our recreational level classes. Students will continue to develop basic coordination & gymnastics skills, self-esteem, and social skills, with an emphasis on safety & fun.

Learn to Flip Program Recreational Gymnastics for Girls & Boys (6+ years)

Our recreation program for boys and girls 6 and older is designed to provide your child with a challenging, fun and positive gymnastics experience. We are committed to developing the self-esteem of all our students, regardless of age or ability. All programs are designed by the USA Gymnastics National Team Staff for the years 2005-2011.

Boys & Girls Beginner, Girls Intermediate 55 minutes \$92 (\$87 Autopay)

Your child will gain strength and flexibility in order to progress from basic to advance gymnastics skills. Twisters believes that this curriculum, combined with the Character Counts Program, will help your child build a healthy, character driven lifestyle. The class will be headed by a highly qualified instructor in a safe well-equipped facility.

Tumble Only (Ages 9+) 55 minutes \$92 (\$87 Autopay)

This is a great opportunity for cheerleaders, performers, break dancers, extreme athletes, martial artists, and all those who just want to learn to flip. This class will focus on developing the proper body mechanics behind basic through advanced tumbling. The class will be headed by a highly qualified instructor in a safe well-equipped facility.

Girls Advanced (Ages 9+) 55 minutes \$92 (\$87 Autopay)

Your child will build on the strength and flexibility gained in earlier training. Combined with the Character Counts Program the class will improve their skills and encourage a healthy lifestyle. The class will be lead by highly qualified instructor in a safe well equipped facility.