TWISTERS SPORTS

TWISTERS SPORTS CENTER
2639 Terminal Boulevard
Mountain View, CA 94043

Twisters Gymnastics
2011 winter rock climbing schedule

Day of Week	Open Climbing Month to Month	Kinder Climbing (3 - 6 years)	Kinder / Beginner Youth (5 - 7 years)	Beginner Youth (7 - 14 years)
Mondays	7:00-10:00p		3:30-4:30p	4:30-5:30p
Tuesdays		2:30-3:30p	3:30-4:30p*	4:30-5:30p
Wednesdays	7:00-10:00p		3:30-4:30p	4:30-5:30p
Thursdays		2:30-3:30p	3:30-4:30p*	4:30-5:30p
Fridays	7:00-10:00p		3:30-4:30p	4:30-5:30p
Saturdays	9:00-12:00p	9:00-10:00a	10:00-11:00a	11:00a-12:00p

*Times with asterisk are Combo Classes

Day of Week	Developmental Youth Climbing	Competitive Climbing B Team	Competitive Climbing A Team	
Mondays	4:30-6:30p	4:30-6:30p	4:30-7:00p	
Tuesdays				
Wednesdays	4:30-6:30p	4:30-6:30p	4:30-7:00p	
Thursdays				
Fridays	4:30-6:30p	4:30-6:30p	4:30-7:00p	
Saturdays				

together we build the framework

ROCK OUT with our intensive rock climbing programs! Twisters would love to help your child build strength and confidence through our rock climbing programs. Kids 3-18 years old will enjoy a positive team environment instructed by highly qualified climbing coaches. Our rock climbing gym is the perfect place for them to make and meet new goals for themselves.

This class schedule begins january 3rd, 2011.

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Twisters Gymnastics
2010 Fall Rock Climbing Schedule

Twisters Sports Rock Climbing

Our caring and highly qualified instructors are equipped with some of the best methods and training techniques to help recreational or competitive climbers achieve new heights, both in and out of the rock climbing gym. Climbers in our programs are eligible and encouraged to compete at local, regional, divisional and national climbing competitions. Even parents are able to compete locally in the American Bouldering Series and the Sport Climbing Series. Please ask us which programs are perfect for you and your child.

Competitive A or B Team (6-18 years) $205/month(A) / $180/month(B)

This class was developed to further climbing skills that were developed in our Developmental Climbing class. Students should be able to complete our Developmental Climbing skill chart before attending this class. Team climbers will not only continue to refine their fundamental skills, but also climb harder routes and participate in a more intense conditioning program. Climbers in these classes compete at local, regional, or national competitions.

Developmental Youth (6-18 years) $130/month

This class was developed to further climbing skills that were developed in our beginner climbing class. Students should be able to complete our beginner climbing skill chart before attending this class. Intermediate climbers will not only continue to learn the fundamentals of climbing, but also continue to refine footwork and hold techniques, learn terminology, and much more.

Beginner Youth (6-18 years) $77/month

This class was developed to introduce participants to the world of climbing. Beginner climbers will learn how to handle a harness, tie proper knots, properly belay, rappel, communicate with partners, and much more.

Kinder / Beginner Youth (5-7 years) $77/month

This class was developed to introduce participants to the world of climbing. Beginner climbers will learn how to handle a harness, trust a spotter, rappel, communicate with other climbers, play basic climbing games to develop coordination and strength, and much more.

Kinder (3-6 years) $70/month

Children learn to climb, build basic motor skills and play games in an environment where they can interact with others in the class. And of course, parents are encouraged to participate, too!