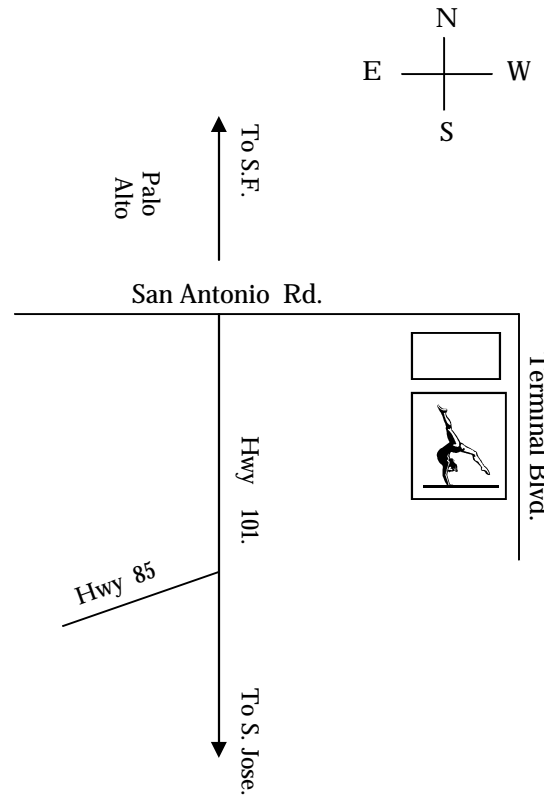


Mission:

Through sports, **Twisters'** mission is to help **every** child develop into a healthy and character driven person. We believe that this can only be attained by creating an overall environment that promotes the following values: trustworthiness; respect; responsibility; fairness; caring, and citizenship. If we strive to implement these values into our services and work, collectively, as an organization and community, then we will succeed!



2639 Terminal Blvd. Mountain View, CA 94043
Phone: 650-967-5581 Fax: 650-967-7149
E-mail: rhythmic@twisterssportscenter.com

Rhythmic



www.TwistersSportsCenter.com
Phone: (650) 967-5581

Rhythmic Gymnastics

Join the club and have a ball!



Rhythmic Gymnastics is one of the best sports for increasing **coordination, balance, flexibility, and cognitive skills,** vital to your child's growth.

Twisters introduces and enhances your daughter's creative movement expression, taught by a highly qualified coach. All Twisters Staff is certified for safety and everyone follows the CHARACTER COUNTS! six pillars of character.

FREE

Trial of any class

(limit 1 per child)

Family discounts available!

(Call 650-967-5581 ex 301 for times and detailed class information)

CHARACTER COUNTS!



CHARACTER COUNTS!, Six Pillars of Character and Gold Medal Children's Activity Center are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics.

www.charactercounts.org

Rhythmic Gymnastics (Ages 7+)



The sport combines elements of ballet, gymnastics, theatrical dance, and apparatus manipulation. These creative exercises to music are designed to promote grace of movement, muscular flexibility, and good posture.

Competitive Rhythmic



Twisters Rhythmic Program is primarily competitive ranging from Level 4 through 10. Three values add to the final score—technical, artistic, and execution. The victor is the participant who earns the most points, as awarded by judges, for leaps, balances, pivots, flexibility, apparatus handling, and artistic effect.

There are five pieces of equipment used, and every two years, the International Gymnastics Federation designates four of the apparatus to be used, and others to be set aside for that time period.

Floor Exercise-a compulsory routine without use of any additional equipment

Rope-proportional to the size of the gymnast, look for wraps, swings, figure-eight-type movements

Hoop-made of plastic, look for rolls, high tosses, spins, and passes through and over the hoop

Ball-made of rubber, look for body waves, throws and catches, balances, bounces and rolls

Clubs-two clubs equal in length, look for circles, mills, throws in unison or separately

Ribbon-a single strip about 6.5 yards, look for spirals, circles, snakes, throws, and must always be in motion throughout the routine.

Please Call (650) 967-5581 ex 301 today for more details and to set up your **free trial lesson!**

*Thank you for your interest in **Twisters Sports.**
We'll see you soon!*