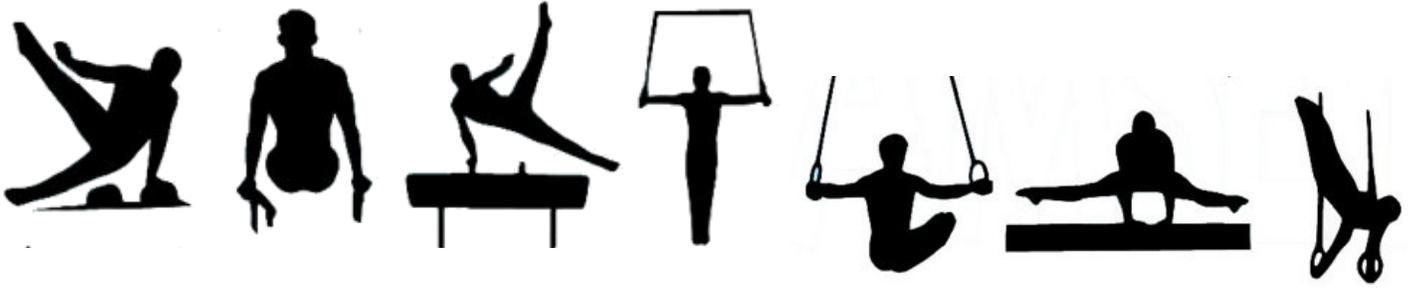


GRADE SCHOOL BOYS GYMNASTICS

AMERICAN TWISTERS

CLASS SCHEDULE: *Effective August 23rd, 2021*



GRADE SCHOOL BOYS CLASSES

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Grades K-2		2:30-3:15 4:35-5:30*	4:35-5:30* 5:45-6:40	3:30-4:25*		
Grades 3-6		2:30-3:15		4:35-5:30		

TUMBLING CLASSES *co-ed*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Tumbling Ages 8—16	6:45-7:40		6:45-7:40		5:20-6:15	

NINJA ZONE

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Grades K-2	3:30-4:25 4:35-5:30 5:45-6:40	5:45-6:40	3:30-4:25 4:35-5:30	3:30-4:25 5:45-6:40	5:20-6:15	11:15-12:10
Grades 3-6				6:45-7:40		

***These classes are currently Waitlist only, we are prepared to open when there are a sufficient number of students on the waitlist that are ready to start.**

GRADE SCHOOL BOYS GYMNASTICS

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-6*

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 ages 8-16*

Tumbling Classes are offered for ages 8-16. 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.

Your child's class placement may be adjusted based on performance or attendance at any time at the discretion of your child's instructor for the benefit and success of our gymnasts.

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.*