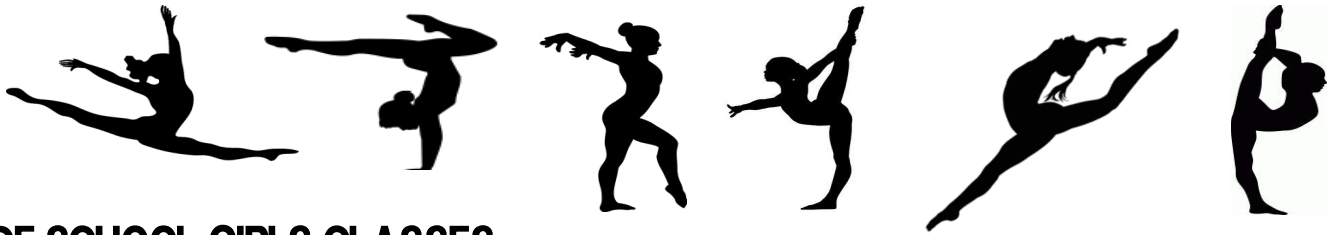


GRADE SCHOOL GIRLS GYMNASTICS

AMERICAN TWISTERS

CLASS SCHEDULE: Effective August 23rd, 2021



GRADE SCHOOL GIRLS CLASSES

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Red Stars Ages 5-8	3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	3:20-4:15 4:20-5:15 5:20-6:15	9:15-10:10 10:15-11:10 11:15-12:10 12:15-1:10	8:30-9:25 9:30-10:25 10:30-11:25
Red Stars Ages 8-11	3:30-4:25 5:45-6:40	2:30-3:15 3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	3:30-4:25 4:35-5:30 5:45-6:40 6:45-7:40	4:35-5:30 5:45-6:40 6:45-7:40	4:20-5:15*	11:15-12:10 12:15-1:10	
White Stars Ages 6-11	3:30-4:25* 4:35-5:30 5:45-6:40 6:45-7:40*	3:30-4:25 4:35-5:30 6:45-7:40	3:30-4:25* 4:35-5:30* 5:45-6:40* 6:45-7:40	2:30-3:15 3:30-4:25 4:35-5:30* 5:45-6:40 6:45-7:40	3:20-4:15* 4:20-5:15	9:15-10:10 10:15-11:10 11:15-12:10 12:15-1:10	10:30-11:15*
Blue Stars Ages 6+	6:45-7:40	5:45-6:40	5:45-6:40	4:35-5:30 5:45-6:40* 6:45-7:40		11:15-1:10	
All-Stars Ages 8-16		6:45-8:10					

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	

*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 GIRLS GYMNASTICS

Class Descriptions

RED STARS *beginner*

The Red Level is for beginner grade school girls, kindergarten and above. We realize that girls may begin gymnastics at different ages. For this reason, we offer the option of Red classes that are geared towards younger grade school girls (ages 5-8) and older grade school girls (ages 8-11) in addition to the all age classes (5-11). Girls 11+ may also try the Teen Gymnastics class (regardless of their skill level).

WHITE STARS *intermediate*

Typically it takes a year or more to complete the Red Level; Therefore girls who enter the White Level should be between 6-11 and must have mastered all the required skills in the Red Stars.

BLUE STARS *advanced*

Typically it takes 1.5-2.5 years to complete the Blue Level. Students who enter the Blue Level must have mastered all the required skills in the Red and White levels to advance.

ALL STARS *advanced 2*

All-Stars classes are 85 minutes and are open to girls who have earned all the required stars at the Red, White, & Blue levels.

TUMBLING *co-ed*

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. The Tumbling Classes include a focus on trampoline skills as well as tumbling skills.

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.