

Twisters Gymnastics 2009- 2010

Fall/Winter/Spring

10 Week Session	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
Diaper Dynamos (boys & girls) \$70.00 one class a week	4:25 5:45 6:35	9:20 5:45 6:35	4:45 5:45	9:20 10:00 5:45 6:35		10:40
Twist'n Tots (prerequisite Diaper Dyn.) \$70.00 one class a week		10:00	6:35			
Twist'n Tornados (boys & girls 3-4) \$98.00 one class/week \$166.60 two classes wk	9:10 4:20 10:00 5:20 6:30	9:10 4:20 10:00 5:20 6:30	4:20 5:20 6:30	9:10 4:20 10:00 5:20 6:30		9:00 9:50
Mini Twisters (beginner girls and boys 5-6) \$103.00 one class/week \$175.10 two classes wk	4:25 5:25 6:35	4:25 5:25 6:35	4:25 5:25 6:35	4:25 5:25 6:35		9:00 10:00
Rising Stars (beginner girls 7&up) \$103.00 one class/week \$175.10 two classes wk	4:30 5:30 6:35	4:30 5:30 6:35		4:30 5:30 6:35		11:00
Mighty Twisters (inter/adv girls) \$125.00 a class a week \$195.00 two classes wk		4:10 5:20 6:35		4:10 5:20 6:35		
Intermediate Boys (7 yrs & older) \$103.00 one class/week					6:00	
Monthly Classes	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
Pre-Team Lv3 \$57.00 one class a week \$85.00 two classes wk	4:15 – 5:45 6:00 – 7:30		4:30 – 6:00		4:30 – 6:00	
Competition Boys Team \$57.00 1.5 hrs a week \$85.00 3 hrs a week		5:30- 7:00 (Lv 3 & 4) 5:00-8:00 (Lv 4.5 and up)				

Class times & days may change upon demand.

S#	Session Dates	Holiday Closings	Make-Up Dates
1	Aug. 23 – Oct. 31	Sept. 7, Oct. 10 & Oct. 31	Sept. 26 & Oct. 24
2	Nov. 1 – Jan. 16	Nov. 26, 27 & Dec. 24- Jan. 1	December 5, Jan. 2 & Jan. 16
3	Jan. 17 - March 27	Feb. 27	Feb. 20 & March 27
4	March 28- June 5	May 31	May 1 & June 5
5	June 6 – July 10	July 4	July 10
6	July 11 – Aug. 14	-----	August 14

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---Recreational Classes---

Diaper Dynamos: (18mos.–3 yrs.) This is a parent-tot class designed to enhance your child's coordination through playful movement education. Parents will enjoy assisting their toddler as they explore the equipment! Classes take place in our Mini Gym. Each class is 30 minutes.

Twist'n Tots: (2–3.5 yrs.) Your toddler will begin learning how to follow directions and take turns in the mild, structured environment with the assistance of a parent volunteer. Classes take place in our Mini Gym, created just for toddlers! Prerequisite, one completed session in Diaper Dynamos. Each class is 30 minutes.

Twist'n Tornados: (3–4 yrs.) This high-energy class is great for high-energy preschoolers. We focus on movement education and the fundamentals of gymnastics. Themed classes to enhance creativity and fun! No prerequisite. Each class is 45 minutes.

Mini Twisters: (5–6 yrs.) This beginning level class provides students with plenty of physical challenges in a fun, outgoing setting. They will learn skills and create a core of balance, endurance and enjoyment for sports. Each class is 55 minutes.

Rising Stars: (7 & up.) This class is a perfect place to start for the older beginner. Our Rising Stars class emphasizes a positive, fun-learning atmosphere while nurturing each child's talent. Creating a core of skills that will enhance a child's love of sports. Each class is 55 minutes.

Mighty Twisters: (5 & up.) This is a fast paced class for the intermediate/advanced level of students. Each student is required to pass through our beginning level classes to join. Designed to maintain and enhance individual talent. Students are encouraged to attend two classes a week. Each child is invited (not required) to compete in the Cedar Rapids/Hiawatha annual "Corridor Classic" meets. Each class is 70 minutes.

Intermediate Boys: (7 & up.) An intermediate boys class that is sure to keep your athlete moving. Core gymnastics skills are used to develop coordination and create a strong foundation to enhance their love of sports. This class emphasizes that physical activities can be fun! Each class is 55 minutes.

---Competitive Classes---

Pre-Team Lv3: This invitation only class is designed to prepare gymnasts for team competition. Twisters competes in both USAG and AAU sanctioned events. Each class meets 90 minutes once or twice a week. We encourage two classes a week.

Boys Team: Advanced level boy's class. It is designed to build power, strength, and flexibility that no other sport can match. This invitation only class is designed to prepare and give the gymnasts opportunity to compete! The Level 3 & 4 class is 90 minutes long, Level 4.5 and up is 3 hrs long.

Awesome family
discounts are available.
Call today!

We also offer Cheer & Dance classes!
Join the exciting world of Gymnastics.
Call today, space is limited.

All students receive
30% off
their second class in
same session.