

CLASS DESCRIPTIONS

Koala Bear

Pre-requisite: This is a coed class for 3 year olds who have not had previous gymnastics experience. Students in this class must be potty trained and able to come into the facility without an adult. They will learn beginning gymnastics skills on equipment sized just for them in a fun and safe environment. The moment a child enters the preschool gym, sharing and taking turns, building self-confidence, and working together becomes our focus with our lesson plans. We incorporate age appropriate activities. We keep this class with a 3 to 1 student to teacher ratio.

Polar Bear

Pre-requisite: Mastery of Koala Bear class for returning 3 year olds and 4 year olds with no gymnastics experience. This is a coed class that is designed for 3-4 year olds who are learning the fundamentals of gymnastics. Basic gymnastics positions are the focus of this class. Moving to music makes this class magical. Class size is 4 to 1 student to teacher ratio.

Pre-Beginner

This is a coed class that will teach the basic gymnastics skills on the competitive sized equipment in an age appropriate manner. This class is for the **4 year olds who have successfully completed the Polar Bear program** and for **5 year olds**. Class size is 5 to 1 student to teacher ratio.

Girls Beginner

This class will teach the gymnast the basic skills on each of the four Women Olympic events: Vault, Bars, Beam, and Floor. We teach this class using circuits and basic progressions by using a variety of equipment including pit, trampoline, and basic drill stations. This class is for school age girls 6 yrs. through 12 yrs.

Girls Intermediate

These classes are offered to those students who, by our staffs determination, have met the necessary requirements. While in this class, students will be exposed to more advanced gymnastics skills on each event. This class is offered by invitation only.

Girls Advanced/Expert

These classes are offered to those students who, by our staffs determination, have met the necessary requirements. While in this class, students will be exposed to more advanced gymnastics skills on each event. This class is offered by invitation only.

Boys 1/2

This class is Boys only! This class is for those boys who have successfully passed through the Pre-Beginner class or new boys between the ages of Kindergarten through 12 yrs. Beginning gymnastics skills on all 6 Men's Olympic events are taught in this class.

Boys level 3/4

These classes are offered to those students who, by our staff's determination, have met the necessary requirements. While in this class, students will be exposed to more advanced skills on each event. This class is offered by invitation only.

Teen Tumbling

This class is for both Boys and Girls ages 13—18. Floor Exercise and Tumbling skills and progressions are the main focus of this class. This class will be offered periodically through out the year. We will run two sessions. Teen Tumbling will be a 8 week commitment starting in September. See schedule for dates of sessions.

If classes are cancelled due to extreme weather, we will post it on our website and send an email to all our families.

Please wait outside with your child until he/she gets a temperature check and are cleared to enter the gym. Children with flu symptoms, cold symptoms, pink eye, lice, whooping cough, ringworm, Covid etc, CANNOT attend class. We are trying very hard to keep our facility safe! Due to Covid we are limiting the number of adults that enter the gym. If you need to use the restroom, visit the office, or take a quick check on your child please do this after class begins. We highly recommend wearing a mask if entering the building. It is extremely important to pick up your child on time!!! This time is used for sanitizing. Make sure you read our policy for Covid, Dropping off and Picking up procedures. Please call the office at 308-381-0217, if your child will be absent.

PHILOSOPHY: TWISTERS GYMNASTICS BELIEVES GYMNASTICS ENHANCES CONFIDENCE AND PROMOTES SELF ESTEEM. AS WELL AS PROVIDES A PHYSICAL FITNESS BASIS FOR ALL SPORTS. TWISTERS GYMNASTICS... "WHERE CHILDREN COME TO HAVE FUN".