

2023-2024 TWISTERS FALL/SCHOOL YEAR SCHEDULE

**2023/2024
SEASON BEGINS
AUG 21st, 2023
THRU
MAY 23rd, 2024**

**308-381-0217
NETWISTERS@GMAIL.COM
WWW. NEBRASKATWISTERS.COM**

**Registration begins:
July 3rd– For current
families
July 17th– Open to
new families**

Annual Registration Fee: \$48.00 for single child, \$78.00 for family. This fee is paid one time only at the time of registration.

Tuition for 35 minute classes: 4 week month \$65.00 / 5 week month \$81.25 (\$16.25 a class)

Tuition for 45-55 minute classes: 4 week month \$70.00 / 5 week month \$87.50 (\$17.50 a class)

GYM ATTIRE

All gymnast must wear proper attire:
GIRLS: One piece leotard or swimsuit (no skirts)
BOYS: Elastic waist shorts and t-shirt

Shoes AND socks must be removed before entering the gym
Hair must be pulled back out of eyes
No loose jewelry or dangly earrings (stud earrings permitted)



GYM CLOSED

Labor Day: Sept 1st- Sept 4h
(Classes resume Sept 5th)
Halloween: Tuesday Oct 31st
Thanksgiving: Nov 22nd - Nov 25th
(Classes resume Nov 27th)
Christmas: Dec 22nd - Jan 1st
(Classes resume Jan 2nd)
Easter: March 29th - March 31st
(Classes resume Apr 1st)

<p style="text-align: center;">Koala Bear Coed class (2 year olds & new 3 year olds) <u>Class is 35 min</u></p> <p>Mon: 8:45am-9:20am 10:15am-10:50am</p> <p>Tues: 9:20am-9:55am 3:15pm-3:50pm 3:55pm-4:30pm 4:35pm-5:10pm 5:15pm-5:50pm 5:55pm-6:30pm 6:35pm-7:10pm 7:15pm-7:50pm</p> <p>Thurs: 8:30am-9:05am 10:00am-10:35am 3:15pm-3:50pm 3:55pm-4:30pm 4:35pm-5:10pm 5:15pm-5:50pm 5:55pm-6:30pm 6:35pm-7:10pm 7:15pm-7:50pm</p> <p>Fri: 8:30am-9:05am</p> <p>Sat: 8:30am-9:05am</p>	<p style="text-align: center;">Polar Bear Coed class (3 year olds w/ experience & new 4 year olds) <u>Class is 45 min</u></p> <p>Mon: 9:25am-10:10am 3:10pm-3:55pm 4:00pm-4:45pm 4:50pm-5:35pm 5:40pm-6:25pm 6:30pm-7:15pm</p> <p>Tues: 8:30am-9:15am 10:00am-10:45am</p> <p>Wed: 3:10pm-3:55pm 4:00pm-4:45pm 4:50pm-5:35pm 5:40pm-6:25pm 6:30pm-7:15pm 7:20pm-8:05pm</p> <p>Thurs: 9:10am-9:55am 10:40am-11:25am</p> <p>Fri: 9:10am-9:55am</p> <p>Sat: 9:10am-9:55am</p>	<p style="text-align: center;">Pre Beginner Coed class (4 year olds w/ experience & 5 year olds not in Kindergarten) <u>Class is 55 min</u></p> <p>Mon: 3:30pm-4:25pm 4:30pm-5:25pm</p> <p>Tues: 3:30pm-4:25pm 5:30pm-6:25pm</p> <p>Wed: 4:00pm-4:55pm 6:30pm-7:25pm</p> <p>Thurs: 4:00pm-4:55pm 6:00pm-6:55pm</p> <p>Fri: 10:00am-10:55am 5:30pm-6:25pm</p> <p>Sat: 10:00am-10:55am</p>	<p style="text-align: center;">Girls Beginner (Kindergarten - 12 years old) <u>Class is 55 min</u></p> <p>Mon: 4:00pm-4:55pm 5:00pm-5:55pm 6:00pm-6:55pm</p> <p>Tues: 3:30pm-4:25pm 4:30pm-5:25pm 6:30pm-7:25pm</p> <p>Wed: 3:00pm-3:55pm 4:30pm-5:25pm 5:00pm-5:55pm 5:30pm-6:25pm</p> <p>Thurs: 4:00pm-4:55pm 5:00pm-5:55pm 6:00pm-6:55pm</p> <p>Fri: 3:30pm-4:25pm</p> <p>Sat: 11:00am-11:55am</p>
<p style="text-align: center;">Girls Intermediate (Invitation only) <u>Class is 55 min</u></p> <p>Mon: 5:30pm-6:25pm 6:30pm-7:25pm</p> <p>Tues: 4:30pm-5:25pm 5:30pm-6:25pm 6:30pm-7:25pm 7:30pm-8:25pm</p> <p>Wed: 6:00pm-6:55pm 7:00pm-7:55pm</p> <p>Thurs: 4:30pm-5:25pm 5:30pm-6:25pm 6:30pm-7:25pm</p> <p>Fri: 4:30pm-5:25pm</p>	<p style="text-align: center;">Girls Advance/Expert (Invitation only) <u>Class is 55 min</u></p> <p>Mon: 5:30pm-6:25pm 6:30pm-7:25pm 7:30pm-8:25pm</p> <p>Tues: 7:30pm-8:25pm</p> <p>Wed: 3:00pm-3:55pm 4:00pm-4:55pm 5:00pm-5:55pm 6:00pm-6:55pm 7:00pm-7:55pm</p>	<p style="text-align: center;">Boys Level 1&2 (Kindergarten - 12 years old) <u>Class is 55 min</u></p> <p>Mon: 4:30pm-5:25pm 5:30pm-6:25pm 6:30pm-7:25pm</p> <p>Wed: 4:00pm-4:55pm 6:00pm-6:55pm 7:00pm-7:55pm</p>	<p style="text-align: center;">Boys Level 3&4 (Invitation only) <u>Class is 55 min</u></p> <p>Mon. 7:30pm-8:25 pm</p> <p>Wed. 5:00pm-5:55pm</p>
		<p><u>CLASS DESCRIPTIONS ON THE BACK</u></p> <p>If you have any questions as to which class your child should be in, please reach out to the office.</p>	

CLASS DESCRIPTIONS

Koala Bear- 35 minute class

This is a coed class for 2 and 3 year olds that are new to gymnastics. Students in this class must be able to come into the class without an adult. They will learn beginning gymnastics skills on equipment that is sized just for them in a fun and safe environment. We incorporate age appropriate activities as well as focus on sharing and taking turns, building self confidence, and working together as a team. We keep this class with a 3 to 1 student to teacher ratio.

Polar Bear- 45 minute class

This is a coed class for 3 year olds that have completed our Koala Bear class and 4 year olds with no gymnastics experience. This class is designed for 3 & 4 year olds who are ready to explore the world on their own. Fundamental gymnastics skills and basic gymnastics positions are the focus of this class. We incorporate age appropriate activities as well as focus on sharing and taking turns, building self confidence, and working as a team. Class size is 4 to 1 student to teacher ratio.

Pre Beginner- 55 minute class

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 class and for new 5 year olds not in kindergarten . Class size is 5 to 1 student to teacher ratio.

Girls Beginner- 55 minute class

This class will teach the school aged gymnast the basic skills on each of the four Olympic events for girls: Vault, Uneven Bars, Balance Beam and the Floor Exercise. We teach this class using circuits and basic progressions by using a variety of equipment, including pit, trampoline, and drill stations. This class is for girls only who have successfully completed the Pre Beginner program or are Kindergarten - 12 yrs of age.

Girls Intermediate- 55 minute class

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- 55 minute class

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 Level 1&2- 55 minute class

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

Boys Level 3&4- 55 minute class

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.

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

Children with flu symptoms, cold symptoms, pink eye, lice, whooping cough, ringworm, Covid, etc CANNOT attend class. Please call the office at 308-381-0217, or email netwisters@gmail.com if your child will be absent.

PHILOSOPHY: OUR RECREATION PROGRAM OFFERS YOUR CHILD THE OPPORTUNITY TO LEARN THE SPORT OF GYMNASTICS, WHILE GAINING LIFE LONG BENEFITS & PROMOTING GOOD CHARACTER. OUR MISSION IS TO PROVIDE A MOTIVATIONAL & SAFE ENVIRONMENT WHERE EACH CHILD IS VALUED. OUR STAFF TEACH GYMNASTICS TO CULTIVATE LISTENING SKILLS, CONFIDENCE, SELF ESTEEM, SELF DISCIPLINE, AND A STRONG WORK ETHIC, AS WELL AS A PHYSICAL FITNESS BASIS FOR ALL SPORTS.