



# 2024 TWISTERS RECREATIONAL SUMMER SCHEDULE

321 STAGECOACH ROAD, GRAND ISLAND NE

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**ENROLLMENT FOR SUMMER CLASSES WILL BEGIN MARCH 18th**

There is no registration fee for summer classes

**FALL CLASSES WILL BEGIN AUGUST 19th, 2024**

## **CLASSES BEGIN MAY 28th THROUGH AUGUST 9th**

**WE OFFER 11 WEEKS IN THE SUMMER  
YOU CHOOSE EACH INDIVIDUAL CLASS YOU WOULD LIKE TO ATTEND**

Scheduling is flexible. You can pick 1, 2, 3 or 4 classes per week. You are able to choose each individual class according to your schedule and you can register for as many classes as you wish. Space is limited in each class.

**Once you have registered for classes we cannot rearrange or refund**

### **COST**

**IF ENROLLED BY MAY 20th– Parent/Tot \$16.50 per class, Koala Bear \$17.50 per class, All others \$18.50 per class  
IF ENROLLED AFTER MAY 20th– Parent/Tot \$17.50 per class, Koala Bear \$18.50 per class, All others \$19.50 per class**

**If your child is currently enrolled in classes you can register online through your Parent Portal.  
For new students please call or email us to get signed up.**

<p><b><u>Parent/Tot</u></b> COED CLASS</p> <p>Monday 6:30pm-7:00pm Tuesday 7:10pm-7:40pm Wednesday 10:00am-10:30am Thursday 11:35am-12:05pm</p>	<p><b><u>Polar Bear</u></b> COED CLASS</p> <p>Monday 9:25am-10:10am 10:55am-11:40am 4:00pm-4:45pm 4:50pm-5:35pm 5:40pm-6:25pm</p> <p>Tuesday 8:35am-9:20am</p> <p>Wednesday 11:20am-12:05pm 4:30pm-5:15pm 5:20pm-6:05pm 6:10pm-6:55pm 7:00pm-7:45pm</p> <p>Thursday 8:45am-9:30am</p> <p>Friday 9:10am-9:55am</p>	<p><b><u>Girls Beginner</u></b></p> <p>Monday 9:00am-9:55am 10:00am-10:55am 4:00pm-4:55pm 5:00pm-5:55pm 6:00pm-6:55pm</p> <p>Tuesday 9:30am-10:25am 10:30am-11:25am 4:30pm-5:25pm 5:30pm-6:25pm 6:30pm-7:25pm</p> <p>Wednesday 6:00pm-6:55pm</p> <p>Thursday 4:30pm-5:25pm 5:30pm-6:25pm 6:30pm-7:25pm</p> <p>Friday 11:00am-11:55am</p>	<p><b><u>Girls Advance/Expert</u></b></p> <p>Monday 12:00pm-12:55pm</p> <p>Tuesday 4:30pm-5:25pm</p> <p>Wednesday 7:00pm-7:55pm</p>
<p><b><u>Koala Bear</u></b> COED CLASS</p> <p>Monday 8:45am-9:20am 10:15am-10:50am 11:45am-12:20pm</p> <p>Tuesday 9:25am-10:00am 10:05am-10:40am 10:45am-11:20am 11:25am-12:00pm 4:30pm-5:05pm 5:10pm-5:45pm 5:50pm-6:25pm 6:30pm-7:05pm</p> <p>Wednesday 10:40am-11:15am</p> <p>Thursday 9:35am-10:10am 10:15am-10:50am 10:55am-11:30am 4:30pm-5:05pm 5:10pm-5:45pm 5:50pm-6:25pm 6:30pm-7:05pm</p> <p>Friday 8:30am-9:05am</p>	<p><b><u>Pre-Beginner</u></b> COED CLASS</p> <p>Monday 9:00am-9:55am 11:00am-11:55am 4:00pm-4:55pm 6:00pm-6:55pm</p> <p>Tuesday 10:30am-11:25am 6:30pm-7:25pm</p> <p>Wednesday 4:00pm-4:55pm 5:00pm-5:55pm</p> <p>Thursday 5:30pm-6:25pm</p> <p>Friday 10:00am-10:55pm</p>	<p><b><u>Girls Intermediate</u></b></p> <p>Monday 10:00am-10:55am 11:00am-11:55am 5:00pm-5:55pm</p> <p>Tuesday 9:30am-10:25am 5:30pm-6:25pm</p> <p>Wednesday 4:00pm-4:55pm 5:00pm-5:55pm 6:00pm-6:55pm</p> <p>Thursday 4:30pm-5:25pm 6:30pm-7:25pm</p>	<p><b><u>Boys Level 1&amp;2</u></b></p> <p>Monday 11:00am-11:55am 1:00pm-1:55pm</p> <p>Wednesday 3:00pm-3:55pm 4:00pm-4:55pm 5:00pm-5:55pm</p> <p><b>NO BOYS CLASSES JULY 22nd &amp; JULY 24th</b></p>
<p><b><u>Olympic Trial</u></b> <b><u>Watch Party</u></b> June 30th More details to come!</p>	<p><b><u>NO CLASS:</u></b> Monday May 27th (ALL LEVELS) Thursday July 4th (ALL LEVELS) Friday July 5th (ALL LEVELS) Monday August 12th-16th (ALL LEVELS)</p>	<p><b>Summer Camp-</b> <b>Brochures available soon with more info</b></p>	<p><b><u>Boys Level 3&amp;4</u></b></p> <p>Monday 12:00pm-12:55pm</p> <p><b>SUMMER CAMP OPPORTUNITIES</b> ***** <b>GIRLS MINI CAMP (Recreational Gymnastics)</b> June 14th-16th ***** <b>GIRLS TEAM CAMP (Competitive Gymnastics)</b> July 7th-10th ***** <b>THEME CAMPS (Ages 3-7)</b> June 3rd-6th June 10th-13th June 17th-20th June 24th-27th July 15th-18th</p>

# CLASS DESCRIPTIONS

## **Parent/Tot– 30 minute class**

This is a coed class for 18 months up to 3 years old. One parent or guardian must be with the child in the gym at all times during this class. The focus of this class is to improve gross-motor skills as they rotate between gymnastics based obstacle courses, activities on the bars, balance beam, floor, and trampoline with their parent. This will all be guided by a trained gymnastics Coach. In addition to gross-motor skills this class will help with social awareness skills such as sharing, taking turns, following rules, etc.

## **Koala Bear- 35 minute class**

This is a coed class for 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. 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 6 yrs of age - 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/Expert– 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 6 yrs of age -12 yrs of age. 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.

**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](mailto: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.**