

2024-2025 TWISTERS FALL SCHEDULE (PRESCHOOL AGES)



308-381-0217
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 WWW.NEBRASKATWISTERS.COM

Annual Registration Fee: \$50.00 for single child, \$80.00 for family. This fee is paid one time only at the time of registration.

Tuition for 30-35 minute classes: 4 week month \$67.00 / 5 week month \$83.75 (\$16.75 a class)

Tuition for 45-55 minute classes: 4 week month \$72.00 / 5 week month \$90.00 (\$18.00 a class)

**2024-2025
 SEASON BEGINS
 AUG 19th, 2024
 THRU
 MAY 22nd, 2025**

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 are ok)

GYM CLOSED

Labor Day: Aug 30th - Sept 2nd
 (Classes resume Sept 3rd)
 Halloween: Thursday Oct 31st
 Thanksgiving: Nov 27th - Nov 30th
 (Classes resume Dec 2nd)
 Christmas: Dec 20th - Jan 1st
 (Classes resume Jan 2nd)
 Easter: April 18th - April 20th
 (Classes resume Apr 21st)

Parent/Tot Coed class (18mo up to 3 years old) Parent or guardian must stay in the with the child during class. <u>Class is 30 min</u>	Koala Bear Coed class (3 year olds new to gym) <u>Class is 35 min</u>	Polar Bear Coed class (3 year olds who have completed Koala and new 4 year olds) <u>Class is 45 min</u>	Pre Beginner Coed class (4 year olds who have completed Polar and new 5 year olds) <u>Class is 55 min</u>
Mon: 10:30am-11:00am 6:35pm-7:05pm Tues: 5:55pm-6:25pm Wed: 7:00pm-7:30pm Thurs: 8:15am-8:45am 6:35pm-7:05pm 	Mon: 9:05am-9:40am 9:45am-10:20am 7:15pm-7:50pm Tues: 8:30am-9:05am 10:00am-10:35am 3:15pm-3:50pm 3:55pm-4:30pm 4:35pm-5:10pm 5:15pm-5:50pm 6:35pm-7:10pm Wed: 7:40pm-8:15pm Thurs: 9:45am-10:20am 3:15pm-3:50pm 3:55pm-4:30pm 4:35pm-5:10pm 5:15pm-5:50pm 5:55pm-6:30pm Fri: 9:00am-9:35am	Mon: 8:15am-9:00am 3:15pm-4:00pm 4:05pm-4:50pm 4:55pm-5:40pm 5:45pm-6:30pm Tues: 9:10am-9:55am 7:15pm-8:00pm Wed: 3:30pm-4:15pm 4:20pm-5:05pm 5:10pm-5:55pm 6:00pm-6:45pm Thurs: 8:55am-9:40am 7:15pm-8:00pm Fri: 9:40am-10:25am Sat: 8:30am-9:15am	Mon: 3:00pm-3:55pm 4:30pm-5:25pm 6:30pm-7:25pm Tues: 4:30pm-5:25pm 5:30pm-6:25pm 6:30pm-7:25pm Wed: 4:00pm-4:55pm 5:30pm-6:25pm Thurs: 3:30pm-4:25pm 5:30pm-6:25pm Fri: 10:30am-11:25am 6:00pm-6:55pm Sat: 9:20am-10:15am



CLASS DESCRIPTIONS ON THE BACK

If you have any questions as to which class your child should be in, please reach out to the office.



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 graduated from our Koala Bear class and 4 year olds with no gymnastics experience. This class is designed for toddlers 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 graduated from 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 graduated from 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 graduated from 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, open sores, 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.