

TwistStars Tumbling & Trampoline

Class Schedule

for 2021-2022 School Year

Starting August 30-Registration Opens August 2nd Online

Welcome to TwistStars! We will be offering mostly the same classes as we have in the past but some class names have changed as well as slightly different curriculums. | Classes are 1x a week and we encourage taking multiple classes/week for faster results. | We are on a continuous enrollment/monthly billing system. | For full class descriptions, please see website. | Registration begins online August 2nd.

Preschool & Kindergarten Classes:

Previously Known as Flat Mat Classes

Mighty Tumblers (3's & 4's) 1 hr. \$72/mo

Boys & girls together learning trampoline and floor skills building gross motor skills, coordination, strength.

Mon	Tue	Wed	Thur	Fri	Sat
5:10	5:10	6:15	4:05	5:10	8:30

Kinder Tumblers (5's & 6's) 1 hr. \$72/mo

Boys & girls together learning trampoline and floor skills building strength and coordination. Must be in kindergarten.

Mon	Tues	Wed	Thur	Fri	Sat
4:05	6:15	4:05	5:10	4:05	8:30

Trampoline Classes: 1st- HS/Girls & Boys

Tramp 1 (1st- 4th gr)/beginner) 1 hr class \$72/mo

Trampoline and double mini trampoline for boys and girls learning safety & skills for the beginner athlete.

Mon	Tues	Wed	Thur	Fri	Sat
4:15	6:25	4:15	4:15	6:25	TBA

Tramp 2 (5th gr - HS/Nov-Adv) 1 hr class \$72/mo

Trampoline and double mini trampoline for boys and girls looking to take their trampoline skills to the next level.

Mon	Tues	Wed	Thur	Fri	Sat
5:20	7:30	7:30	6:25	4:15	TBA

NEW! 1-Day Cheer Clinics: 4yrs - 11 yrs

Essential cheer skills- jumps, motions, dance, stretch, condition and stunt! These 1-day clinics are a great introduction to the world of cheer and are offered 1x/month. No experience necessary. Clinics will be divided by age and offered on Saturdays (days TBD). Check back to website by mid August for more information & registration.

Awesome August! Daily Drop in Classes August 16 - 27.

Try different classes! Flexibility for the first few weeks while you adjust to school schedule! Register for as many classes as you want! Register online for at least 2 drop in classes and receive **\$10 off September tuition!** August...is AWESOME!

Tumbling Classes: 1st - HS Girls & Boys

Intro to Tumbling (Previously known as Beginner & Beginner II Flat Mat Classes) - (1st - 5th gr) 1 hr \$72/mo

Introduction to floor skills: handstands, cartwheels, round-offs, the start of the standing BHS. Must be min 1st grade to register.

Mon	Tue	Wed	Thur	Fri	Sat
6:15	4:05	5:10	6:15	6:15	TBA

Intermediate Tumbling (Previously known as Sub-Novice and Novice Rod Floor Classes) (1st - 6th gr) 1 hr \$72/mo

Connecting the RO to BHS, start multiple BHS and standing BHS. Must pass Intro class or eval into this class. Girls and boys.

Mon	Tue	Wed	Thur	Fri	Sat
4:15	6:25	5:20	5:20	5:20	TBA
7:20					

Advanced Tumbling (Previously known as Intermediate Rod Floor Classes) 1st - 6th) 1 hr class \$72/mo. Must have min RO 3 BHS or RO, BHS, TUCK to enter class. Connecting BHS to layouts, start to twist, standing tucks.

Mon	Tues	Wed	Thur	Fri	Sat
5:20	7:20	6:25	7:20	5:20	TBA

Jr. High/High School Cheer Tumbling Class (6th - HS) -1 hr class \$72/mo. Each class is grouped by ability when possible. Students work all tumbling skills used for cheer.

Mon	Tues	Wed	Thur	Fri	Sat
8:15	7:30	7:20	6:25	--	TBA
		8:15			

Homeschool Class- Call to Start a Class!

Ages 3- 18 taught all in the same class working floor and trampoline skills. 1 hour class during a daytime hour before 3pm weekdays. \$50/mo first child, \$10/off/mo for each additional child.

Competitive Tumbling & Trampoline Team

We offer a competitive team for all levels for tumbling and trampoline. Everyone is invited to be part of team. If you are interested in trying out for team or want more information, please call or email us! **Past team members, look for an email with information for upcoming season soon!**

Private Classes & Private Lessons - Call to Schedule!

TwistStars Gym Policies:

Registration Information & Policy:

- Classes are 1x a week and we are on a continuous enrollment, monthly billing system with no contract.
- Check out our class schedule online. If you know which class you would like, register online through the parent portal.
- If you are unsure which class you would like or what level your child is, please call or email and we will help you find the class that best fits your child's needs (age group, skill level, goals, etc.)
- First time you register, you will pay the prorated cost of that month and after that, your card will be billed monthly with payment due on the 25th of the prior month (i.e. October's tuition is due September 25th)
- Once you are registered, you will continue in the class. It's that easy. No re-registering, no wondering if your child has a spot in class.
- Your child will constantly be evaluated to ensure they are in the proper class and if your child is ready to move up, we will let you know.
- Every family is required to have a debit/credit card on file but you have the option to pay with cash or check prior to the 25th of the month.
- There is no contract. Wish to drop the class? Just send us an email by the 15th of the prior month letting us know you wish to drop class. Failure to give us written notice by the 15th, you will be charged and therefore, enrolled in upcoming month.
- There are no refunds.
- Tuition is budgeted on an average of 4 classes/month allowing for holidays and time off for families as well as our coaching staff. You do not get charged more for months that have 5 classes in the month nor do you get charged less if a month only has 3 classes. Over the entire year, it works out to 4 classes per month and therefore we bill the same amount each month regardless of how many classes are in that month.
- Annual membership fee is due every August/(re)entry into program \$25/student or \$40/family. Membership fee gets you membership rates on camps, clinics and open gyms as well as pays into insurance.

Make Up Policy:

We offer 1 make up class per month. Make up classes will be scheduled 1x a month on Saturday afternoons and you need to call or email to get on the list (no walk-ins). This is for all school-aged children 1st grade - HS. There will be a separate make up for ages 3- Kindergarteners on Saturdays so please specify age when calling to schedule a make up. Make up class dates will be available by Aug. 30.

Class Policies:

- 1 make up per month allowed and must be scheduled. (see above)
- We will be as flexible as we can and try to keep up with your schedules by allowing you to switch class days from month to month as long as there is space in the class. If you find you need to find another day that better fits your schedule, give us a call and we will do what we can for you.
- Please bring your own water bottles. We do not have a water fountain. We do sell water for \$1/bottle.
- Feel free to talk with coaches regarding progress of your child's skills. We are happy to set up meetings in person or over the phone with your child's coach.
- No refunds. Credit may be given for prolonged injuries with a signed doctor's note.
- \$20 charge for all NSF checks or declined credit/debit cards
- sibling discounts available; \$5 off lowest priced class
- \$5 off of 2nd class (same student). Tumble 2x a week for faster progress!!!
- for list of days gym will be closed for holidays, please see website

Dress Code for Classes:

- Trampoline shoes, socks, or grippy socks are required for tumbling and trampoline classes. Socks or trampoline shoes must be worn on all trampoline surfaces- no bare feet. Cheerleaders registered for tumbling only classes may wear clean cheer shoes on designated floors. Please walk in with different shoes and change once in lobby.
- leotards with or without shorts or tight fitting shirts/tank tops with shorts are allowed. No buttons, snaps or zippers. Midriff must be covered. Boys must wear shirts. No jewelry. Hair up out of face. No gum.

Birthday Parties, Camps, Clinics:

We offer birthday parties on most Sundays. More information online or call. We offer seasonal camps for ages 4-11 as well as occasional specialty clinics for tumbling, trampoline and new this year- CHEER. Check back on website for more details.

Thank you for choosing TwistStars Tumbling & Trampoline. We know you have choices and we appreciate you being here. God Bless!