

Making a Positive Difference



Phone: 513-942-4435
Visit our website @
flipntwist.com

PRESCHOOL CLASSES

Class and Term Prices***	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mom & Me: 30 minutes 18 months through 2 years old 8 wks/ \$83 1 day \$113 2 days			10:30-11:00	9:30-10:00 4:45-5:15		9:00-9:30
2 Years Old: 30 minutes 8 wks/ \$94 1 day \$124 2 days	9:30-10:00 10:00-10:30 10:30-11:00 6:00-6:30 6:30-7:00	9:30-10:00 10:00-10:30 10:30-11:00 6:00-6:30	9:45-10:15 11:00-11:30	9:30-10:00 10:00-10:30 5:15-5:45	10:00-10:30	9:00-9:30 10:45-11:15
3 Years Old: 45 minutes 8 wks/ \$104 1 day \$134 2 days	9:30-10:15 10:30-11:15	9:30-10:15 10:30-11:15 1:30-2:15 6:30-7:15	9:30-10:15 10:30-11:15 5:30-6:15 6:30-7:15	10:30-11:15 1:30-2:15 5:45-6:30	10:00-10:45 10:45-11:30	9:45-10:30
4 & 5 Years Old: 1 hour 8 wks/ \$118 1 day \$173 2 days	9:30-10:30 10:30-11:30 5:00-6:00 6:30-7:30	9:30-10:30 10:30-11:30 1:30-2:30 6:30-7:30	10:30-11:30 6:30-7:30	10:30-11:30 1:30-2:30 6:30-7:30	10:30-11:30	9:45-10:45 11:00-12:00
Kinder Gym: 1 hour 8 wks/ \$123 1 day \$178 2 days		9:30-10:30 1:30-2:30 5:30-6:30	6:30-7:30	1:30-2:30		

LEVEL CLASSES (In-House Team only routine class)**

Level 1: 1 hour 8 wks/ \$123 1 day \$178 2 days	6:00-7:00 7:00-8:00	4:30-5:30 7:30-8:30	5:30-6:30 6:30-7:30 7:30-8:30**	7:30-8:30		9:00-10:00
Level 2: 1 hr 15 min 8 wks/ \$133 1 day \$198 2 days	7:00-8:15	7:00-8:15	7:15-8:30**	5:00-6:15		11:15-12:30
Level 3: 1 hr 30 min 8 wks/ \$143 1 day \$208 2 days	5:45-7:15 7:00-8:30**		5:00-6:30	6:00-7:30		10:00-11:30
Junior High (6th-8th grade): 2 hrs 8 wks/ \$160 1 day						8:00-10:00

ADVANCED PRESCHOOL CLASSES " BY INVITATION ONLY"

Sparklers: 1 hour 8 wks/ \$123 1 day \$178 2 days	6:15-7:15	10:30-11:30	6:15-7:15	1:30-2:30		
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MOM AND ME---18 Months to 2 years old---WITH PARENT - 30 MINS.

This class is designed to encourage tots to climb and jump. It is a great atmosphere for bonding with your child and to share in the excitement of working together. We will be teaching children how to develop gross motor function, spatial-awareness and hand/eye coordination.

TWO-YEAR OLDS---WITHOUT PARENT---30 MINUTES

This class has the same objectives as above but it allows for more exploration by the child without parental supervision. Our curriculum is based on foundational concepts in learning basic rolls, body movements, and body positions. We will be teaching concepts such as over and under, upside down, around and through. The children will also learn discipline in taking turns, working in a group, working in a circuit order, etc.

THREE-YEAR OLDS---45 MINUTES

Our curriculum is based on foundational concepts in learning by physical and mental experience via age appropriate skill training. Typically students learn eye-hand, eye-foot coordination, and become more involved in body awareness. Skills continue to increase in difficulty.

FOUR AND FIVE YEAR OLDS---60 MINS.

This one-hour class is designed for the independent 4 year old and for the school aged kindergarten student. Pre-school and regulation equipment are used for this group. This class is filled with various skill progressions on vault, bars, beam, and floor.

KINDERGYM---60 MINS.

This class is designed for kindergarten students only.

BEGINNER – LEVEL 1---60 MINS.

This fast paced one-hour class is specifically designed for the beginning gymnastic student. This class is a good introduction to gymnastics using AAI regulation equipment. More conditioning and flexibility is introduced to this level, and skills continue to progress in difficulty.

INTERMEDIATE – LEVEL 2---75 MINS.

This hour and 15 minute class is designed to challenge the gymnast more on each piece of equipment. The gymnast will start to put skills in groups and start connection skills such as round-off back handspring on floor and working kips on bars.

INTERMEDIATE – LEVEL 3 – 90 MINS.

This class is for the student who has successfully met the level 2 skill requirements and is ready for more challenge on each piece of equipment. Skills increase in difficulty.

ADVANCED PRESCHOOL

BY INVITATION ONLY (Team Track)

SPARKLERS – 1 HOUR

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TUMBLING CLASSES

Class and Term Prices***	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners: 1 hour \$125 1 day \$190 2 days	5:30-6:30	5:00-6:00 6:15-7:15	5:30-6:30	7:15-8:15		9:00-10:00 10:00-11:00
Intermediate: 1 hour \$125 1 day \$190 2 days	5:15-6:15 6:30-7:30	5:45-6:45 7:00-8:00 7:15-8:15	6:30-7:30	5:00-6:00 6:00-7:00		9:00-10:00 10:00-11:00
Advanced: 1 hour \$125 1 day \$190 2 days	6:30-7:30	7:00-8:00	5:30-6:30	6:00-7:00		
Power: 1 hour \$125 1 day \$190 2 days	7:30-8:30	3:30-4:30 6:00-7:00	7:30-8:30	5:00-6:00		11:00-12:00
Elite: 1 hour \$125 1 day \$190 2 days		5:00-6:00				
Twister's Elite: 1 hour \$125 1 day \$190 2 days						
HIGH SCHOOL ONLY TUMBLING CLASSES						
Hamilton High School \$57.50 per month	3:30-4:30		3:30-4:30			
Ross Middle School \$57.50 per month		6:00-7:00				
Ross High School \$57.50 per month		7:00-8:00				

TUMBLING CLASSES - 60 MIN

Beginner – Forward roll, backward roll, handstand, handstand forward roll, cartwheels, bridges
Intermediate – Bridge kickovers, backwalk overs, front limbers, round-offs, standing back handspring
Advanced – Round-off back handspring, multiple back handsprings, beginning front tumbling.
Power –working all skills prior to and round off back handspring back tuck, front handsprings and front tucks.
Elite – working all skills prior to and layouts
Twister Elite- All skills above layouts (must have permission of the instructor)

SKILL ONLY TUMBLING CLASSES – 60 MIN.

These classes will focus only on the skill(s) listed.
STANDING BACK HANDSPRING ONLY: Standing back handsprings only.

STUNTING CLASSES - 45 MIN

OPEN GYM – 90 MIN

****ANNUAL
REGISTRATION FEE
and
CLASS TUITION ARE
NON-REFUNDABLE****

**VISIT OUR WEBSITE
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