

# Evening & Weekend Timetable



Book a taster form £8.50

admin@twistersgymnastics.com

07307 535467

	4pm-5pm	5pm-6pm	6pm-7pm	7pm-8pm	8pm-9:30pm
Monday	Reception to Year 1	Year 2 to Year 3	Year 4 to Year 5	Year 6+	
					Adult Session
Tuesday	Reception to Year 1	Year 2 to Year 3	Year 4 to Year 5	Year 6+	
	Reception to Year 3		Year 4+		
Wednesday	Reception to Year 1	Year 2 to Year 3	Year 4 to Year 5	Year 6+	
Thursday	Reception to Year 1	Year 2 to Year 3	Year 4 to Year 5	Year 6+	
			Year 4+		
Friday	Reception to Year 1	Year 2 to Year 3			
	Reception to Year 3				
	9am-10am	10am-11am	11am-12pm	12pm-1pm	1:30pm
Saturday	Reception to Year 1	Year 2 to Year 3	Year 3+	Year 3+	1 hour hire for up to 15 children for children aged 4+ email or call to enquire
	Reception to Year 3		Year 4+		
Sunday	Coffee Shop is Open	Reception to Year 1	Year 2 to Year 3	PAYG Drop In Session Year 3+	

## GENERAL

General gymnastics 1 or 2 hour sessions suitable for Reception to Year 6+. All abilities welcome.

For children wanting to attend for fun and fitness, and make progress with our badge schemes and competitions.

- General Gymnastics (Amys Acro badge scheme) 1 hour recreational session
- General Gymnastics (TWGC levels competitions) 2 hour recreational session
- Open session with guidance from a level 3 coach. All abilities welcome.

## SPECIALIST

Expert-led specialised sessions, suitable for Year 3+. All abilities welcome.

For gymnast's wanting to focus on specific training. Each sessions works towards their own specific awards schemes and presentations.

The logo for these will be placed into the timetable

	Tramp: Year 3+, Expert training with our Level 2 qualified Coach. All abilities welcome. Learn new skills on the Trampolines, one of most popular areas of the club!
	Tumble: Year 3+, Specialised training with our Level 2 qualified Coaches. All abilities welcome. Great for Cheer Squads wanting expert Tumble training.
	Synergy: Year 4+, Our popular combined session for Dance, Trampoline and Gymnastics. All abilities welcome. A relaxed, sociable session, great for teenagers.
	PAYG: Structured but informal session, good for extra training and fun to bring a friend (non members welcome). Extra training only, no awards schemes or competitions/events.