

2009-10

GYM SCHEDULE

KINDER/PRESCHOOL DEPARTMENT

Beginner (age 3-4)	Tues 3:00pm	Tues 5:00pm
	Wed 5:00pm	
Beginner (ages 4-6)	Wed 4:00pm	
Beginner (ages 5-6)	Thurs 5:00pm	
Beg/Interm (ages 4-6)	Tues 4:00pm	
Beg/Interm (ages 4-5)	Thurs 4:00pm	
Beg/Interm (ages 5-6)	Tues 6:00pm	Thurs 7:00pm
Intermediate (ages 5-6)	Thurs 6:00pm	Tues 7:00pm
	Wed 5:00pm	

JR/SR DEPARTMENT

Beg/Interm (ages 7 & up)	Mon 5:15pm	Tues 4:15pm
Beg/Interm (ages 9 & up)	Thurs 4:15pm	Thurs 5:15pm
Intermediate (wkg BHS)	Mon 4:15pm	Tues 5:15pm
Back Handspring	Tues 6:15pm	Thurs 6:15pm
Back Handspring Series	Tues 7:15pm	Thurs 7:15pm
Advance (must have tuck)	Tues 8:15pm	Thurs 8:15pm

JumpStart Team (ages 7-12) Tues 6:00pm
Strength & Conditioning

Home School (ages 6 & up) Wed 2:00pm

Pal & Me (ages 20m-5 yrs) Tues 10:00am-10:45am
2:00pm-2:45pm

PRIVATE LESSONS—Contact the office

CHESS (ages 5 & up) Fri 4:30pm

OPEN GYM (potty trained & up) Every Friday 6pm-10pm
Concessions Available

FALL CLASSES BEGIN
MON. AUG 31st

Collegiate Cheerleaders at:

Duke University	East Carolina University
UNC Charlotte	New Bern
UNC Chapel Hill	University of Tennessee
NC State University	Western Carolina University
UNC Wilmington	UNC Penbroke
Appalachian State	Gardner Webb University

**Cheerleader's Ultimate
Tumbling Facility**

TUITION

REGISTRATION \$40.00 (non-refundable)

01/10 - 03/10 \$30.00 04/10 - 05/10 \$20.00 06/10- 07/10 \$10.00

This is due upon enrollment, along with a Registration form. Class space is not reserved until fee is paid. (All students pay registration fee once per year-good until 7/31; discount \$5.00 for each additional child from same family.)

Each child paying the \$40 registration by September 18th will receive a Twist & Tuck t-shirt

CLASS TUITION

Payment I	\$96.00
Weeks of Aug 31, 7, 14, 21, 28	
Oct. 5, 12, 19	
Payment II	\$96.00
Weeks of Oct. 26	
Nov. 2, 9, 16, 23, 30	
Dec. 7, 14	
Payment III	\$96.00
Weeks of Jan. 4, 11, 18, 25	
Feb 1, 8, 15, 22	
Payment IV	\$96.00
Weeks of Mar. 1, 8, 15, 22, 29	
Apr. 5, 19, 26	
Payment V	\$72.00
Weeks of May 3, 10, 17, 24, 30	
Jun. 7	
Payment VI	Summer (choose your weeks) \$72.00-120.00

Closings: 09/07, 11/26-11/27 12/21 - 1/03, Easter 4/04-4/09, 05/31

All tuition is due by the first class to avoid a \$15.00 late fee. A \$10.00 discount will be given for each additional class or sibling.

**Due to our waiting list of athletes to register for each session, your payment must be received in full for the next session during the week that is circled to reserve their place & avoid a \$15 late fee. The last week of each session, if payment is not made, the athlete will be dropped from the roll & the spot filled from our waiting list. Please, also remember that only our tuition is set up by session, if your child is dropping, we still require a 2 week notice or you will be charged.*

PRIVATES

\$25 per 30 minute session (make arrangements with the Office Manager or Coach)

\$12 HOUR FOR PROFESSIONAL COACHES

OPEN GYM

BABYSITTERS? NO PROBLEM!

Funtastic Fridays



EVERY FRIDAY NITE

6:00pm-10:00pm

ALL AGES

(must be potty trained)

Cost—\$10 In Advance/ \$15 At The Door

The evening consists of: Friends, Fun & Fitness!

Concessions Available For Purchase

SUMMER SPORTS CAMP

ENROLL TODAY!

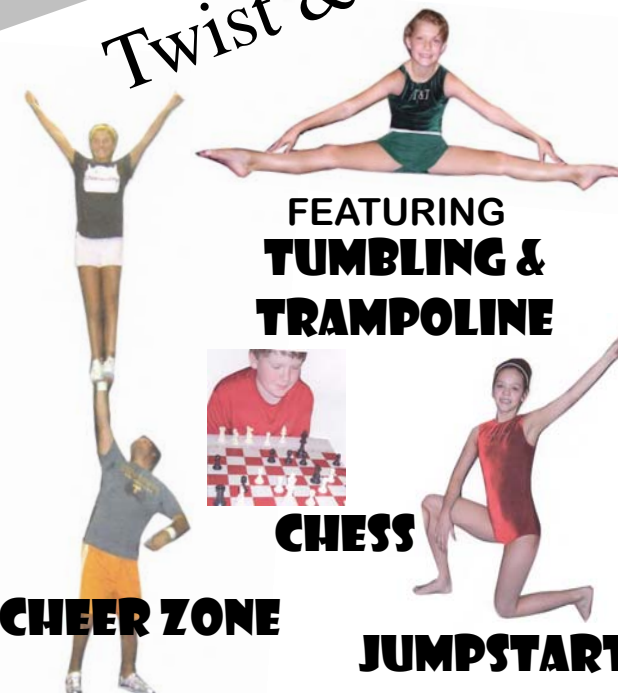
Week #1	June 14-18	Week #6	July 26-30
Week #2	June 21-25	Week #7	Aug 2-6
Week #3	June 28-July 2	Week #8	Aug 9-13
Week #4	July 12-16	Week #9	Aug 16-20
Week #5	July 19-23		



2010

The Most Exciting
Tumbling & Children's
fitness center
in the area!

Twist & Tuck



FEATURING
**TUMBLING &
TRAMPOLINE**



CHESS

CHEER ZONE

JUMPSTART

ALSO FEATURING

- * Wrestling * TumbleBus * JumpStart * Chess *
- * Fun-Tastic Fridayz For Kidz Open Gym *
- * Summer Sports Camps *



"Home of State, Regional and National Champions"
Professionally Certified by USAG

Twist & Tuck Power Tumbling, Inc.

1667 South Industrial Park Road
Lincolnton, NC 28092—Est. 1993

(704) 732-0926

www.twistandtuckgym.com

PROGRAMS OFFERED

*** MISSION STATEMENT ***

To provide each child with a solid foundation of healthy living skills both mentally & physically in a safe & fun environment.
"Fitness Made Fun"

PROGRAMS OFFERED

- Trampoline & Power Tumbling Classes
- Preschool Classes
- Competitive Teams
- Cheer Zone
- Pal & Me Classes
- Homeschoolers
- Chess
- TumbleBus M.E.O.W. (Movement in Education On Wheels)
- Funtastic Fridayz Open Gym
- Kidz Sports Day Camps
- Inflatable Seamore

(Separate classes for Cheerleading Squads)

OUR PROGRAMS

...build confidence and self assurance unmatched by any other sport. Many students may be involved in cheerleading, dance, track, football, and other activities that our sport compliments. Our students receive personalized instructions and supervision. They also receive emphasis on body conditioning, strengthening and flexibility. Students experience fun while turning their energy into learning valuable physical skills. Believing is Achieving!

VICTORY EXPLOSION 2010

Our Victory Week 2010 will be held in May. This is our year-end show that involves the 6 year olds and younger athletes performing skills they have mastered throughout the year. A \$70.00 participation fee is required. A \$35.00 deposit is due by January 30, 2010 and the balance of \$35.00 is due by March 12th. This fee includes the uniform and awards. All athletes are to participate in our BIG YEAR END VICTORY SHOW!

SPRING OLYMPICS 2010

The Spring Olympics will be held in March/April. This is for athletes 7 years and older - beginner thru advanced. A \$35.00 competition fee will be required to participate. This is where all in-house athletes compete with each other. It helps to promote sportsmanship, memorizing skills, & overall self-confidence. What a great experience for all athletes involved. Optional leo purchase.

GYM INFO

GYM INFORMATION

Checks require the student's name and class day on it. If you make payment(s) other than by check, you may mail to or send payment with student in a sealed envelope. Include student name and class day. Over all tuition is based on 8 weeks. There are no deductions or refunds for classes missed. Session tuition is due 1 week prior to the new session starting for a discount rate to apply. A payment box is located outside the office for your convenience. **You MUST sign a withdrawal form TWO WEEKS prior to withdrawing your child from the program.** If you do not sign the form and give the proper notice of withdrawal, you are **obligated to pay** for full session. If you are signed up for class and fail to participate, you are still responsible for that time missed, unless other arrangements are made. There will be a \$25.00 service charge on returned checks

DRESS CODE No Jewelry, No T-shirts



Shoes: Trampoline - shoes or socks
 Tumbling - Tumbling shoes or barefoot
Girls: Leotards with or without bikers (no two piece Leo permitted or athlete will not be spotted) Shorts are ok.
Boys: Should wear only tight fitting attire.

GYM REGULATIONS

1. **Long hair** must be worn up at all times! (25 cents per hair band if your child should need one)
2. No **food, drinks, or gum** allowed in gym. H2O only.
3. No equipment is to be used without coach(es) supervision.
4. Students must use proper conditioning and warm-up exercises before attempting new and/or vigorous moves.
5. No "horsing around" will be tolerated at any time. This will result in dismissal from the gym.
6. **Proper attire** must be worn to participate in class. **No exceptions.**
7. Students ten years and up should be able to hold their own body weight for safety reasons.

BAD WEATHER

If Lincoln County Schools are closed due to bad weather, the gym is also closed. However, if the roads appear clear by the afternoon, listen to Lincolnton Radio Station (WLON) and/or call gym for class status.

GYM INFO

MAKE-UP POLICY

- Students may make up classes missed due to illnesses, family death, or bad weather (**missed classes should be made up within the session they miss; after that time they are forfeited**). Makeup day & time or make-up during our Friday Night Open Gym.
- Classes cannot be made up if, a class is dropped, a session has passed or a student leaves with a balance due.



HOLIDAY SCHEDULE

We observe all Lincoln County School System major holidays: Thanksgiving, Christmas & Easter (**Teachers workdays are not holidays**). There is no deduction in tuition for holidays, as tuition is based on a per session and not lessons per month.

GENERAL INFORMATION

- Please notify the gym if you change your address, phone Number or email.
- Please notify the gym ASAP if you are going to be late picking up your child.
- If you would like to speak to a coach about your child's ability, class, etc., please arrange an appointment through the office.
- We will participate in the annual Lincolnton Christmas Parade and possibly others.

All students are welcome to ride our "TumbleBus".

IMPORTANT SAFETY NOTICE

By the very nature of the activity, tumbling and trampolining carries a risk of physical injury. No matter how careful the athlete and coach are, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk cannot be eliminated. Reduced, **yes**, but never eliminated. Warning that any activity involving motion or height creates the possibility of serious injury including permanent paralysis and even death from landing or falling on the head or neck. Safety is a major concern. Students should approach every skill with caution.



GYM PARTIES

- Ages 4 & up
- Parties last 1 hour & 30 minutes for up to 12 children
- Activities such as the parachute, obstacle courses, trampoline, double-mini & more
- A personalized birthday banner & decorations, coupon & ribbons, & a gift for the birthday child
- \$120 members/\$125 non-members \$25 non-refundable deposit required) for 12 children or less
- \$3.50 charge for each additional child
- INCLUDE SEAMORE add \$50

SLEEP-OVER PARTIES

- 10pm-8am
- 1-10 children—\$200 (\$50 non-refundable deposit)
- Up to 25 children—\$400 (\$50 non-refundable deposit)
- Join in on the coolest sleepover party ever –snacks, drinks, movie, games, fun, karaoke & lots of gym time.

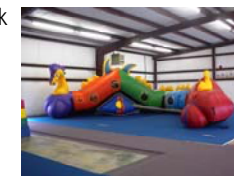
TUMBLEBUS PARTIES

- Ages 3—6
- Parties last 1 hour for up to 12 children
- T-bus comes to your home for 1 hour of fun, games & activities
- A personalized birthday banner, decorations, treat bags for the guests & a T-bus t-shirt for the birthday child will be provided
- Saturdays: 11:00am or 1:00pm
- \$120 members/\$125 non-members (\$25 non-refundable deposit required) for 12 children or less
- \$3.50 for each additional child
- \$40 per half hour additional (required for parties greater than 14)
- Additional charge for each mile beyond a 12 mile radius of Twist & Tuck
- Great for Fundraisers, Church Activities & more...



FUN-TASTIC INFLATABLE

SEAMORE is a colorful maze of streamers, boppers & soft obstacles for the kids to climb under, through, around or over! Her head is 15' high with a 55' long 3D body. FUN INSIDE & OUTSIDE. Seamore also boasts an indoor slide suitable for weights up to 100lbs maximum.



- \$100 you pick up & return / \$300 daily (6 hours)
- \$10 extra an hour for T&T supervision (per staff)
- \$125 Includes delivery, pickup & taxes
- Additional charges beyond a 12 mile radius of Twist & Tuck
- Great for fundraisers