



MIDWEST TWISTERS

HIGH SCHOOL GYMNASTICS

Summer 2010 (June 14th - August 26th)

Gymnastics skills and routines are maintained and performed most SAFELY when trained year-round. Unlike other sports the best gymnasts have no "off season". The non-competing season should be used to maintain the strength required to SAFELY perform all currently competed skills and LEARN new and more advanced skills! With this in mind, Midwest Twisters has designed a high school gymnastics class that will keep you in shape and help you learn new skills!

This class will be taught by Arrowhead High School Head Coach, Bob Pulkowski. Bob led Arrowhead to their first state title in 2009 and helped them defend their title in 2010. Be ready for the 2010-2011 competitive season by training at Midwest Twisters this summer!

This class is open to all high school gymnasts and up and coming freshman interested in high school gymnastics.

Starting & Ending Dates

- June 14th - August 26th

Vacation Dates

- June 30th - July 6th

Practice Schedule

(Minimum of 8 girls to run each day)

- Monday 9:30 am - Noon
- Tuesday 1:00 pm - 3:30 pm
- Wednesday 9:30 am - Noon
- Thursday 1:00 pm - 3:30 pm

Cost

- 2 days per week: \$378 for 9 week program (\$10 early bird discount*)
- 3 days per week: \$466 for 9 week program (\$20 early bird discount*)
- 4 days per week: \$540 for 9 week program (\$30 early bird discount*) - LESS THAN \$6 PER HOUR WITH EARLY BIRD DISCOUNT!...BEST DEAL!



*** REGISTER BY APRIL 30th FOR EARLY BIRD DISCOUNT!**
262-369-2900