

OWNER & HEAD COACH LISA CAJN

- Former National Team Member
- USA International Competitor
- USAG Professional Member
- USAG Safety Certified
- Professional Stuntwoman
- Appearing in 75 films



Enrolling Now

Call: 804-360-9490
info@twistgymnastics.com

Where a lifetime of fitness begins...

USA JR. OLYMPIC TRAINING PROGRAM PARENT & TOT, PRE SCHOOL, RECREATIONAL CLASSES & COMPETITIVE TEAMS - AGES 2 - 18

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:15 - 10:00						3 - 4 years	Birthday Parties - 10:30 - 12:00, 12:30 - 2:00, 2:30 - 4:00 & 4:30 - 6:00 Birthday Party 3:45 - 5:15
10:00 - 11:00		10:00 - 10:45 3 - 4 Years				5 - 7 years 8+ years	
11:00 - 12:00						5 - 7 years 8+ years	
12:00 - 1:00						TEAM	
1:00 - 1:45		3 - 4 years		3 - 4 years		TEAM	
2:00 - 2:45						TEAM	
3:30 - 4:30	6 - 8 years 9+ years	5 - 6 years 7 - 9 years	5 - 6 years	5 - 7 years 8 - 10 years	5 - 9 years		
3:30 - 5:00	INT Class 8-10 years		INT Class 7 - 9 years		INT Class 6 - 8 years		
4:30 - 5:30	7 -9 years 9+ years	7 - 9 years 11+ years	6 -9 years	7- 9 years 10+ years	9 -10 years 11+ years		
4:30 - 6:00	INT Class 9 + years		INT Class 7 - 9 years		INT Class 11+ years		
5:30	TEAM	TEAM	TEAM	TEAM	TEAM		

Monthly Tuition

45 min class - \$75.00 - 1 hr. class - \$83.00 - 1.5 Hr. class - \$100.00

Annual Registration Fee - \$35.00

We prorate tuition when you join a class mid month.

No Classes

Thanksgiving - Nov. 21 - Nov. 25, Christmas - Dec 23 - Dec. 31, Spring Break - April 2 - April 7,
Memorial Day - May 28.

Winter Gymnastics Camp offered Dec 18 - Dec. 22 - Limited Space - Enroll Early

Visit our Facebook page for notice of inclement weather closures.

Twist Gymnastics Calendar 2018							
Week #	Mon	Tues	Wed	Thurs	Fri	Sat	Month
17	1/8	1/9	1/10	1/11	1/12	1/13	Jan
18	1/15	1/16	1/17	1/18	1/19	1/20	
19	1/22	1/23	1/24	1/25	1/26	1/27	
20	1/29	1/30	1/31	2/1	2/2	2/3	
21	2/5	2/6	2/7	2/8	2/9	2/10	Feb
22	2/12	2/13	2/14	2/15	2/16	2/17	
23	2/19	2/20	2/21	2/22	2/23	2/24	
24	2/26	2/27	2/28	3/1	3/2	3/3	
25	3/5	3/6	3/7	3/8	3/9	3/10	March
26	3/12	3/13	3/14	3/15	3/16	3/17	
27	3/19	3/20	3/21	3/22	3/23	3/24	
28	3/26	3/27	3/28	3/29	3/30	3/31	
	4/2	4/3	4/4	4/5	4/6	4/7	Spring Break
29	4/9	4/10	4/11	4/12	4/13	4/14	April
30	4/16	4/17	4/18	4/19	4/20	4/21	
31	4/23	4/24	4/25	4/26	4/27	4/28	
32	4/30	5/1	5/2	5/3	5/4	5/5	
33	5/7	5/8	5/9	5/10	5/11	5/12	May
34	5/14	5/15	5/16	5/17	5/18	5/19	
35	5/21	5/22	5/23	5/24	5/25	5/26	
36	5/28	5/29	5/30	5/31	6/1	6/2	
37	6/4	6/5	6/6	6/7	6/8	6/9	June
38	6/11	6/12	6/13	6/14	6/15	6/16	
39	6/18	6/19	6/20	6/21	6/22	6/23	
40	6/25	6/26	6/27	6/28	6/29	6/30	
	7/2	7/3	7/4	7/5	7/6	7/7	Summer Break
41	7/9	7/10	7/11	7/12	7/13	7/14	July
42	7/16	7/17	7/18	7/19	7/20	7/21	
43	7/23	7/24	7/25	7/26	7/27	7/28	
44	7/30	7/31	8/1	8/2	8/3	8/4	
1.5 Hour Class Competition				Sunday, June 3, 2018			
1 Hour Exhibition				Saturday, June 2, 2018			

****2018 GIRLS SUMMER CAMPS****

½ Day & Full Day Programs Available for girls ages 5+

½ Day Camp Program

9:00am – 12:00 - Monday – Friday

Cost: \$180. Sibling Rate: \$145.00. Single Day Rate: \$45, Sibling Day Rate: \$40.

**Full Day Camp Program - "Teamed Up" Camp
Twist Gymnastics & Young Chef's Academy**

9:00am – 4:00pm - Monday – Friday

Cost: \$380. Sibling Rate: \$325.00. Single Day Rate: \$95, Sibling \$85