

# AUGUST - DECEMBER

Class Name:	Class Duration:	Age:	M	T	W	TH	F	S
WHITE Ribbon	60 minutes	5+	10:00a 4:00p 5:00p 6:00p	4:00p 5:00p 6:00p	4:00p 5:00p 6:00p	11:00a 4:00p 5:00p 6:00p	4:00p	10:00a 11:00a 12:00p
RED Ribbon	60 minutes	Invite Only!	4:00p 6:00p 7:00p	4:00p 5:00p 6:00p 7:00p	4:00p 5:00p 6:00p 7:00p	4:00p 5:00p 6:00p	6:00p	11:00a 12:00p
BLUE Ribbon	60 minutes	Invite Only!	4:00p 6:00p 7:00p	4:00p 5:00p 7:00p	5:00p 6:00p 7:00p	4:00p 5:00p 6:00p	5:00p	12:00p
BRONZE Medal	120 minutes	Invite Only!	6:00p	5:00p	5:00p	4:00p 6:00p	4:00p	11:00a
SILVER Medal	120 minutes	Invite Only!	5:00p	5:00p	5:00p 6:00p	4:00p		

## GIRLS

### Class Schedule

GIRLS AGES: 5+

OUR GIRLS PROGRAM is designed to introduce your child to the love of gymnastics! In this program, they begin training on vault, bars, beam, floor and trampoline! Our beginning level is called White Ribbon - and as gymnasts pass off skills they will be invited to move onto Red Ribbon, Blue Ribbon, Bronze Medal, and Silver Medal.

SALT LAKE TWISTERS GYMNASTICS