

Owner & Head Coach Lisa Cain
 ◦ 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
 www.TwistGymnastics.com

Richmond's newest gymnastics center!

GIRLS SUMMER CAMPS

Enjoy the fun of summer gymnastics in our fully air conditioned facility!!

1/2 Day Program - 9:00am – 12:00 - Mon - Friday
 For Girls ages 6 +

Program Schedule

9:00 - 9:30	Rockin Warm-Up
9:30 - 10:00	1 st Rotation
10:00 - 10:30	2 nd Rotation
10:30 - 10:45	Juice Break
10:45 - 11:15	3 rd Rotation
11:15 - 11:45	4 th Rotation
11:45 - 12:00	Rockin Wrap-up

Program Weeks

June 16 - 20
June 23 - 27
July 7 - 11
July 14 - 18
July 21 - 25
July 28 - Aug 1
Aug. 4 - 8
Aug. 11 -15
Aug. 18 - 22

Weekly Rate \$180.00
Sibling Weekly Cost \$145.00

Individual Day Rate: \$40.00
Sibling Day Rate: \$36.00

Limited enrollment please call or email for availability!

2130 John Rolfe Parkway - Richmond, VA - 804-360-949



804-360-9490

804-360-9797

****5 full days of Fun****

9:00am – 4:00pm

Twist Gymnastics and Young Chefs Academy

have TEAMED UP....

Spend your morning at Twist Gymnastics tumbling, bouncing and flipping while you build your gymnastics skills. Bring your lunch to enjoy in our party area afterwards. Then spend your afternoons cooking up some fun with Young Chefs Academy; with delicious and fun recipes designed to fuel an athlete's body.

Our TEAMED UP camp will be offered two times this summer:

July 7 - 11th from 9am to 4pm

August 11th - 15th from 9am to 4pm

The cost for this camp is \$380
(siblings cost \$325)