

**Kid Tested!  
Mother Approved!  
Since  
1969**

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# JEWART'S GYMNASTICS

**2016 -2017  
Boy's Gymnastics  
Class Schedule Sept – May**

**Classes begin Tuesday  
September 6th  
Join us for Fun  
Fitness & Friends  
412-487-5999**

Jewart's has one of the largest boys' programs in Pennsylvania. Under the direction of Jeff Malone and his assistants, Aidan and Chris, boys ages 5 and up can work with certified male instructors on tumbling, trampoline and the Olympic equipment. **New** this year for boys 7 and up we have opened a **Ninja obstacle training class**. As your sons work through the circuits on the various pieces of equipment they develop muscles for grip strength, coordination, balance, and agility. As they raise their self-confidence and self-esteem, they also learn how to listen, follow directions and focus. Physically fit children do better in school.

In addition to our recreation classes, for pre-schoolers and elementary age boys, we also offer a rec team, tricks and tramp and a well-renowned boys competitive team. Whether you are **developing skills**, **cross training** or looking for a wonderful USA Gymnastics Jr. Olympic team, we can meet your needs. Decide which class will suit your needs and sign up today because our space is limited and classes fill quickly. Check our website for class availability.

**Boys Big Dippers:** 60 minutes of physical fitness. Age 5 thru Kindergarten will enjoy time in the rec gym on the trampolines, p-bars, rings, vault, foam pits, climbing ropes and more.

**Lucky Star Boys 60:** Fundamentals and skills for 1<sup>st</sup> thru 3<sup>rd</sup> grade. Conditioning, circuits, games and challenges will build your son's fitness, and teach risk awareness and safety.

**Lucky Star 90:** For boys Ages 8 and up, with experience, try 90 minutes of all-around gymnastics fun.

**NGL:** Our Northstar Gymnastics League is a two-day, non-sanctioned, recreation/competitive program for boys. The boys train skills and routines on all 6 pieces of USAG mens' apparatus. Boys in the NGL program compete in the Holiday Performance and the Spring Fling. Call Jeff for details. 412-487-5999.

**"Ninja" Obstacle training:** **Is a fun opportunity for boys to learn** skills on tumbling, trampoline, vault and bars, and use specific obstacles to develop strength, agility and coordination. The **60 minute / 90 minute class** teaches 7-15 age boys and girls risk awareness, safety and self-discipline while they learn more advanced skills which involve height, motion, gravity, balance and spatial awareness.

**\*NGL Must do both classes and is a recommendation by Coach class.**

<b>*NGL</b>			7:00 – 9:00	7:00-9:00		
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<b>BOYS</b>	Age/Grade	Mon	Tues	Wed	Thur	Fri
<b>Big Dipper Boys</b>	Age 5-6	4:30-5:30	5:30 – 6:30	4:30-5:30	5:30-6:30	
<b>Lucky Star Boys 60</b>	Grade 1-3	5:30 – 6:30	4:30 - 5:30	5:30 – 6:30	4:30-5:30	
<b>Boys 90</b>	Grade 3-6		6:30 – 8:00			
<b>Ninja Beginner</b>	<b>7 and up</b>		8:00 – 9:00	6:30 – 7:30		4:30 – 5:30
<b>Ninja Intermediate</b>	Current intermediate or approved by Aidan			7:30 – 9:00	8:00-9:00	

**Jewart's Gymnastics** offers classes in gymnastics for boys and girls from pre-school age to advanced competitors. Our **30,000 square foot** facility is filled with tons of mats, apparatus and qualified instructors. This gives us plenty of options for all ages and levels. Thanks for sharing this with a friend. **Register online at [www.jewarts.com](http://www.jewarts.com)**