

Kid Tested!
Mother Approved!
 Since
 1969

JEWART'S GYMNASTICS

**2016 - 2017 Pre-School
 Class Schedule for Sept-May**

**Classes begin
 Tuesday
 September 6th
 Join us for Fun
 Fitness & Friends**

A child's greatest development is between the ages of 2 to 7. Early physical education will enhance your child's potential in all aspects of their lives; physical, mental and social not just for now but for a lifetime. Our lesson plans are based on themes that stimulate the imagination and make learning fun. As preschoolers work through the circuits on the various pieces of equipment they apparatus they develop muscles for grip strength, agility, coordination, and balance. While they raise their self-confidence and self-esteem, they also learn how to listen, follow directions and focus.

Neuroscience studies prove the benefits of gymnastics for brain development and pre-reading skills. Physically fit children perform better in school. Our goal is to help children learn to control their body and develop an athletic attitude so that games and sports become opportunities for exercise and fun. We prepare them for a world of possibilities.

Dipper and Me: Ages 15 mo. to 3 years. Fun, fitness, experiential learning, interactive parent/child class.

45 Minutes to bounce, roll, hang, and balance on specialized pre-school apparatus.

Little Dipper: Ages 3-5. These pre-schoolers can attend class and learn & listen by themselves. Classes are 45 minutes.

Children practice locomotor movement, gross motor skills, colors, shapes and numbers on the apparatus.

Big Dippers - Ages 5 & 6 or Kindergarten. Classes are 60 Minutes of skills, fun and fitness. Classes are held in the recreation gym. Choose boys only, girls only or coed.

Rising Star – ages 4 to K. 60 minute - **2 day/week** focusing on age-appropriate mental and physical preparation for developmental skills. To attend Rising Stars, you must have a teacher recommendation. This is good preparation for our future team gymnasts or children who are ready for more athletic development

This is an Olympic year so we expect classes to fill up fast. You can check availability on our website at www.jewarts.com. Find the best class for your schedule and sign up today.

Age	Class	Mon	Tue	Wed	Thur	Fri	Sat
18mo-3year	Dipper & Me		10:30 & 6:00	9:30 am 5:00 and 6:00	9:30; 10:30 or 5:00	X	9:30
3-4 year	Little Dipper	6:00	9:30 or 10:30 1:00 or 5:00 or 6:00	10:30 or 1:00 5:00 or 6:00	9:30 or 1:00 6:00	5:00	10:30
5 yr-kinderg'ten	Big Dipper Coed		9:30	6:00	1:00	X	9:30
5 - 6	Big Dipper Girls	4:30	6:00	1:00	6:00		
5 - 6	Big Dipper Boys	4:30	5:30	4:30	5:30	X	
5 & up	Rising Star Requires-Teacher Recommendation!	M6:00/T5:45 M6:00/W12:30 M6:00/S10:30	T5:45/W12:30 T5:45/S10:30	W12:30/S10:30	X	X	

This sheet contains information about our basic pre-school gymnastics classes. Classes are separated by age level and ability. Information about any of our other class programs for boys, girls, tumbling, T and T and rhythmic can be found on the website.

Jewart's Gymnastics offers classes in gymnastics for boys and girls from pre-school age to advanced competitors. Our **30,000 square feet** facility is filled with tons of mats, apparatus and qualified instructors. This gives us plenty of options and combinations to teach classes to **all ages and levels**. Thank you for sharing this information with a friend. Register online at www.jewarts.com

