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 Jewart's Gym

<b>JEWART'S GYMNASTICS</b>
<b>2016 - 2017 Class Schedule</b>

Classes start on September 6<sup>th</sup>, 2016  
 This schedule is Sept-May!  
 Separate Summer Schedule  
 For classes in June - Aug!

**Recreation Team Experience for Boys and Girls!**

**Jewel Team:** A 2 or 3 day a week recreation team program for girls. Gymnasts focus on basic routines & conditioning for the new **USAG Excel program**. This program is perfect for any child who loves gymnastics and is ready for a team experience. Our recreation team mixes fun with competition. **Emerald, Rubies** train sequences and routines that fulfill the requirements for Level 3 and the beginner prep optional Excel program. Girls compete in our Holiday Performance and our Spring Fling meet. A team leotard is required for all participants.

**Diamonds and Sapphires** train three days and compete in the USAG Excel program. The Excel program has 4 USAG levels for competition (Bronze, Gold, Platinum and Diamond). Excel competition is also a perfect complement to WPIAL Gymnastics or for former gymnasts who want to stay in the sport with less time commitment than the USAG Level program. Gymnast must join the USAG and will compete locally to qualify for the PA State Championships. Gymnasts must be evaluated or recommended to join the Jewel Team. Contact the office for more information from our Director, Jamie Stark. 412-487-5999.

**NGL: Northstar Gymnastics League** is a two-day, non-sanctioned, competitive program for boys. The boys train routines on all 6 pieces of USAG mens' apparatus. Boys in the NGL program compete in the Holiday Performance and our Spring Fling. For information contact our Boys Program Director, Jeff Malone.

<b>GIRLS</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
<b>Emerald/Ruby</b>	E/R 4:30-6:00		E/R 6:30-8:30			E/R 10:30 -12:00
<b>Sapphires</b>		6:00- 8:30	4:30- 6:30		4:30 – 6:30	
<b>Diamonds</b>	6:30 – 9:00			6:00 - 8:30	5:30 – 8:30	

<b>BOYS</b>			<b>Tues</b>	<b>Wed</b>
<b>NGL 2 days</b>			7:00 – 9:00	7:00-9:00

Jewart's Gymnastics offers classes in gymnastics for boys and girls from pre-school age to advanced competitors. Our **30,000 square feet** of teaching space gives us plenty of options and combinations for classes. This page contains the schedule for our recreation teams. For other programs in tumbling, T and T, rhythmic gymnastics see our website. We appreciate you sharing this information with a friend.