

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

JEWART'S GYMNASTICS

**2016 - 2017
Rhythmic Gymnastics
Class Schedule Sept – May**

**Classes begin
Tuesday
September 6th
Join us for Fun
Fitness & Friends
FB @ Jewart's Gvm**

Rhythmic Gymnastics is a traditional European sport for girls that became popular in America in the 1990's. Our program is directed by Kamelia Velkova Dunlevy, a two time Bulgarian National Champion. Rhythmic is a great activity for gymnasts, dancers, and acrobatic students who would like to learn new skills including the hand apparatus which is part of the sport.

Girls will learn fundamentals with the ball, hoop, rope, clubs and ribbon. Gymnasts in this "cirque de soleil" sport will develop dance and acrobatic skills along with flexibility, musicality, and coordination. Rhythmic apparatus is best suited for girls with natural flexibility. Girls who develop an interest in rhythmic gymnastics might want to compete for our nationally recognized *Pittsburgh Northstar Rhythmic Team*.

Lucky Star Gymnastic/Rhythmic Combo Class: This class is the best of both worlds. Try something new and fun and join us for 60 minutes of basics in tumbling, gymnastics and rhythmic gymnastics.

Rhythmic Class: All about rhythmic gymnastics. Basics skills in dance, acro and hand apparatus for the beginner student.

Class Type	Mon	Tue	Wed	Thur	Fri	Sat
Rhythmic Ages 6 – 7 Lucky Star Combo class			6:00 – 7:00			
Rhythmic Ages 8 & up			7:00 – 8:00			

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 and combinations to teach classes for all ages and levels. This page contains information about our rhythmic program. Information about any of our other programs, or classes for boys, girls, pre-school, tumbling and T and T can be found on the website. Friend us on **Facebook** at **Jewart's Gym**. Thank you for sharing this information with a friend.

Register online at www.jewarts.com.