

Kid Tested!
Mother Approved!
 Since
 1969
 412-487-5999

JEWART'S GYMNASTICS

2016 - 2017 T and T
Class Schedule Sept – May
 Join us on FB @ Jewart's Gym

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

T and T, as tumbling and trampoline is called, is a great class for gymnasts, dancers, cheerleaders and kids who want to learn to flip. In the T and T class students will learn proper use of the rebounding apparatus, safety rules and technique on trampoline, rod floor tumbling and double mini-tramp.

Director of our **T and T** program is Coach Chris Pechar. Chris coached our 2015- 2016 Northstars to the T and T *USA Gymnastics Olympic Junior National Championships*. Look through our schedule and choose a class that fits your needs and **sign up today**. Please check our website for availability.

T and T 60 minutes: This is a beginner class for bouncers who want to learn the fundamentals of this Olympic sport. Boys or girls ages 6 to 10 may sign up for this class.

T and T advanced beginner 90 minute class: This class is a USAG prep class for experienced rebounders or gymnasts who want to learn more advanced skills, combination routines or tryout for our Pittsburgh Northstar T and T team.

Class	Level and Ages	Mon	Tue	Wed	Thur	Fri	Sat
T and T 60 min	Beginner skills on rebound apparatus 6 -10			6:00-7:00		5:15-6:15	
T &T+ Adv Beg 90	Advanced beginner 8 and up					6:30 – 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 T and T program. Information about any of our other programs, or classes for boys, girls, pre-school, T and T, and rhythmic can be found on the website. Thank you for sharing this information with a friend. Start here ... Go anywhere!

Register online at www.jewarts.com.