

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

JEWART'S GYMNASTICS

2016 -2017 Tumbling/Cheer
Class Schedule Sept – May
 Join us on FB @ Jewart's Gym

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

Tumbling is a great activity for gymnasts, dancers, and cheerleaders. Look through our schedule and choose a class that fits your needs and **sign up today**. Please check online for class availability. Please note that classes are grade specific.

Tumbling / Back Handspring Clinic: This class is perfect for cheerleaders, dancers or gymnasts who want to improve their tumbling skills, especially back hand springs and flips. All classes include use of the spring floor, rod floor, incline mats, trampolines, tumble trac, and foam pits.

Level 1 is a 60 minute class for beginners with no back handspring. When making your selection, please note that the classes are divided by age groups.

Level 2 is a **new class** for beginners who can handle an extra 30 minutes. You must be recommended to take part in this 90 minute class.

Level 3 is a 90 minutes for tumblers who can already do a round-off back handspring. Classes are under the direction of Dana Thomas, Jamie Stark, and their staff.

Tumbling/Cheer Combo: Do you want to learn more about cheer? Our combo class teaches tumbling as well as jumps, motions, stunts and dance combinations used for cheer teams. A cool group routine caps off this class!

Class	Requirement	Mon	Tue	Wed	Thur	Sat
Tumbling Level 1	No Back handspring	Grade 5-up 5:00 – 6:00 Grade 1-4 6:10	Grade 1-4 6:10-7:10	Grade 1-4 5:00-6:00 Grade 5 & up 6:10-7:10	Grade 1-4 6:10	
Level 2 tumblers 90 Minutes	Invitation only	5:00 – 6:30	6:10 – 7:40		6:10-7:40	
Intermediate 90 Level 3	RO Back handspring	7:10 - 8:40	7:10 - 8:40		7:10 - 8:40	
Tumbling Combos					1 hour Tumbling/ 30 min Cheer 4:30 – 6:00	

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 at all ages and levels. Check out our website for information about any of our other class programs: Pre-school, and girls or boys gymnastics. Specialty classes including rhythmic only, or T and T are listed separately. Thanks for sharing this information with a friend.

Register online at www.jewarts.com