

Kid Tested!
Mother Approved!
Since 1969

2017 - 2018 Girl's Lucky Stars
Class Schedule for Sept – May
Join us on FB @ Jewart's Gym

Classes begin
Tuesday, Sept 5th
Fun Fitness & Friends
412-487-5999

The Lucky Stars are an acronym for Love You Class Kids! This page contains information about our basic girl's gymnastics classes for our recreational students in grades 1 thru 8. Look over the schedule and class description to find the best choice for you. To provide the best learning experience for your daughters, please note that some of the classes are grade or age specific. Please check our website for class availability.

Lucky Star 1 & 2 classes provide 60 minute of **fitness and fundamentals** on all events for school age beginners. Gymnastics includes stunts and tumbling and apparatus fundamentals on the trampoline, balance beam, bars, and vault. Our certified professionals help your children build basic skills, coordination, strength, and confidence.

Lucky Star 3 is a class specifically designed to provide a 90 minute beginner classes for children with gymnastics experience who are ready to handle a longer training session. This class is by invitation only.

Super Star class is a 90 minute intermediate class for recreational gymnasts which emphasizes **skill development** for more advanced skills and preparation for our 2 day programs. Along with **conditioning skills and fun circuits** on all the apparatus, our coaches provide instruction and motivation for **drills, progressions, and sequences** which build confidence and expertise.

Pearls is the lead up program for our **Jewels recreation team**. The **2 day program** enhances fitness and focuses on developmental skills that gymnasts will need to compete for our rec team. Great for Rising Stars or experienced Lucky Stars. Invitation and evaluation required.

Lucky Star/Rhythmic Combo is a class for girls, ages 6-8 who want to work on **gymnastics apparatus** and learn **acro skills and hand apparatus** maneuvers of rhythmic gymnastics, including; rope, ribbon, ball and hoop. This class is taught by Miss Kamelia, our Rhythmic director, and the Lucky Star staff.

GIRLS	Mon	Tues	Wed	Thur	Fri	Sat
Lucky Star 1 60 minute New students	Grades 1 – 3 6:10-7:10	Grade 1-3 4:30 – 5:30 Grade 4-up 5:30 - 6:30	Grades 4-up 4:30 – 5:30	6:10 -7:10		9:30-10:30 10:30 – 11:30
Lucky Star 2 60 minute Returning students	7:10 – 8:10	5:30 – 6:30	5:00 – 6:00	6:10-7:10		10:30 – 11:30
Lucky Star 3 90 minute *Invitation only*		6:30 – 8:00	5:00 – 6:30	4:30 – 6:00		
Super Star 90 minute Ages 8 & up	7:10-8:40	6:30 – 8:00	6:30-8:00	4:30 - 6:00		
Pearls* 6 & up Choose 2 classes	6:00 – 7:30		*Pearls is invitation only*.	5:00 – 6:30		
Pearls 2	6:00 - 7:30			5:00 - 6:30		
Lucky Star Combo Ages 6-8			Rhythmic Combo 6:00 – 7:00			



Register online at www.jewarts.com

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. Pre-school, boys, and specialty classes including rhythmic only, Ninja, tumbling, and T and T & T are listed separately. *** Special new programs this year are The Wild Woods: A Forest Kindergarten and Ninja Training under the direction of 2016 ANJ contestant, Scott Carslaw. Thank you for sharing this information with a friend.