

***Jewart's Gymnastics***  
**PRE-SCHOOL**

**Classes Begin September 4, 2018**

**We would like to encourage everyone to use our convenient online registration at  
[www.jewarts.com](http://www.jewarts.com) **Parent Portal****

**The office staff is also here to help guide you through the online registration process. Call 412-487-5999.**

A child's greatest development is between the ages of 2 to 7. Early physical education will enhance your child's potential in all aspects of their lives; physical, mental and social not just for now but for a lifetime. Our lesson plans are based on themes that stimulate the imagination and make learning fun. Don't Wait Sign up Today! Invite a Friend for more fun!

**Dipper and Me:** Ages 15 mo. to 3 years. Fun, fitness, experiential learning, interactive parent/child class. 45 Minutes to bounce, roll, hang, and balance on specialized pre-school apparatus.

**Little Dipper:** Ages 3-5. A fun way to experience fitness while learning in our dedicated pre-school room on specialized equipment. Each 45-minute class will introduce a practice circuit that allows them to bounce, roll, hang, swing and balance while learning new skills. Circuits help them develop muscles for grip strength, coordination, balance and agility.

**Big Dippers** - ages 5 to Kindergarten. We offer girls only, and co-ed classes that are held in our main recreation gym. The boys Big Dippers and Lucky Star boys have a separate area in the lower gym. Your child will enjoy 60 minutes of fun, fitness and skills while working on the bars, beam, trampolines and vault all while raising their self-confidence.

**Rising Star** – ages 4 to Kindergarten. 60 minutes - 2 day/week focusing on age-appropriate mental and physical developmental skills. To attend Rising Stars, you must have a teacher recommendation. This is good preparation for our future team gymnasts or children who are ready for more athletic development.

**\*New for 2018\***

**Big Dipper 2** – ages 5 through Kindergarten – For the Dipper who is looking for a more advanced pre-school class that will ready them for our developmental teams. 60 minutes one day a week. By invitation only.

**Big Dipper/Rhythmic** - ages 5 through Kindergarten an introductory class for that combines dance, gymnastic apparatus, acro skills as well hand apparatus, including; rope, ribbon, ball, clubs and hoop.

**Big Dipper Tumble and Cheer:** Beginners will be introduced to the world of cheerleading with Coach Vanessa.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dipper and Me</b>		10:30-11:15am 6:00-6:45pm	9:30-10:15am 5:00-5:45pm 6:00-6:45pm	9:30-10:15am 10:30-11:15am 5:00-5:45pm		9:30-10:15am
<b>Little Dipper</b> 	4:30-5:15pm 6:00-6:45pm	9:30-10:15am 10:30-11:15am 5:00-5:45pm 6:00-6:45pm	10:30-11:15am 5:00-5:45pm 6:00-6:45pm	9:30-10:15am 10:30-11:15am 6:00-6:45pm	5:00-5:45pm	9:30-10:15am 10:30-11:15am
<b>Big Dipper Girls</b>	4:30-5:30pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm		
<b>Big Dipper Co-Ed</b>		9:30-10:30am				9:30-10:30am
<b>Big Dipper 2</b>	6:00-7:00pm			5:00-6:00pm		
<b>Rising Star</b>	6:00-7:00pm	5:45-6:45pm	12:30-1:30pm			10:30-11:30am
<b>Big Dipper/Rhythmic Or Tumble and Cheer</b>			5:30-6:30pm Rhythmic			11:30-12:30 Tumble/Cheer

**We prepare children for a World of Possibilities, in a safe, nurturing, environment! Est. 1969**