

Jewart's Gymnastics Lucky Star Schedule

Classes Begin September 4, 2018

We would like to encourage everyone to use our convenient online registration at www.jewart.com Parent Portal

The office staff is also here to help guide you through the online registration process. Call 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. To provide the best learning experience for your daughters, please note that some of the classes are grade or age specific.

Lucky Star 1 & 2 classes provide 60 minute of **fitness and fundamentals** on all events for school age beginners. Gymnastics includes stunts, 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 class 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, they will master the drills, progressions, and sequences which build confidence and expertise.

Topaz/ Pearls are the lead up programs to our **Jewels recreation team**. These **2 day programs** 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** while also learning **acro** skills and **hand apparatus** skills using the rope, clubs, ribbon, ball and hoop. This class is taught by our Rhythmic Director, Coach Kamelia and the Lucky Star staff.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lucky Star Girls 1, Grade 1 -3	6:15 - 7:15pm	4:30 - 5:30 pm				
Lucky Star Girls 1, Grade 4 - up		5:30 - 6:30 pm	4:30 - 5:30 pm			
Lucky Star Girls 1 open age				6:15 - 7:15 pm		9:30 - 10:30 am 10:30 - 11:30 am
Lucky Star 2 returning students	7:15 - 8:15 pm	5:30 - 6:30 pm	5:00 - 6:00 pm	6:15 - 7:15 pm		10:30 - 11:30 am
Lucky Star Girls 3 (90 min)		6:30 - 8:00 pm	5:00 - 6:30 pm	4:30 - 6:00 pm		
Super Stars, Ages 8 - up (90 min)	7:15 - 8:45 pm	6:30 - 8:00 pm	6:30 - 8:00 pm	4:30 - 6:00 pm		
Pearls Level 1 (60 min)	5:00 - 6:00 pm	5:00 - 6:00 pm		5:00 - 6:00 pm		
Pearls Level 2 (90 min)	6:00 - 7:30 pm			5:00 - 6:30 pm		
Topaz (120 Min)		6:30 - 8:30 pm				
Rhythmic 8 & up (60 min)			7:00 - 8:00 pm			
Rhythmic/Gymnastics Combo Ages 6-7			6:00 - 7:00 pm			

 **Since 1969, Jewart's Gymnastics** has offered 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. 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.