

***Jewart's Gymnastics  
Tumbling***

**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.**



**Tumbling / Back Handspring Clinic:** These classes are 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** – Beginning Tumbling - for tumblers that do not have their back handspring. These are grade specific classes that are an introduction to basic tumbling skills. 60- minute class

**Level 2** - Intermediate Tumbling/Back Handspring Clinic - must be able to do a back walkover by themselves and have an interest in developing their back handspring as well more advanced tumbling skills. 90-minute class

**Level 3** – Advanced Tumblers -Must have their round off backhand spring and a standing tuck who are looking to take their tumbling skills to the next level. 90 minute class

	Monday	Tuesday	Wednesday	Thursday
Tumbling Level 1 – Grade 1-4 (60 min)		5:00 - 6:00 pm	5:15 - 6:15 pm	6:15 - 7:15 pm
Tumbling Level 1 – Grade 5 & up (60 min)	5:00 - 6:00 pm			
Tumbling Level 2 - Must have back walkover	6:00 - 7:30 pm	6:00 - 7:30 pm	6:30 – 8:00pm	6:15 - 7:45 pm
Tumbling Level 3 - RO -Back handspring Back Tuck	7:15 - 8:45 pm	7:15 - 8:45 pm		7:15 - 8:45 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 at all ages and levels. Check out our website at [jewarts.com](http://jewarts.com) for information our other class programs: Pre-school, and girls or boys gymnastics. Specialty classes including rhythmic only, or T and T are listed separately. Our Special new programs are The Wild Woods: A Forest Kindergarten, and Ninja Training under the direction of 2016 ANJ contestant, Scott Carlsaw.