

Jewart's Gymnastics

Boys Programs

At Jewart's Gymnastics We Help Boys Reach the Next Level of Sports!

Classes Begin – September 4, 2018



Jewart's has one of the largest boys' programs in Pennsylvania. Under the supervision of our directors, boys ages 5 and up can work with certified male instructors on tumbling, trampoline and the Olympic equipment.

As your sons work through the circuits on the various pieces of equipment they develop muscles for grip strength, coordination, balance, and agility. As they raise their self-confidence and self-esteem, they also learn how to listen, follow directions and focus. Physically fit children do better in school.

In addition to our recreation classes, for preschoolers and elementary age boys, we also offer a developmental team, tricks and tramp and a well-renowned boys competitive team. Whether you are **developing skills**, **cross training** or looking for a wonderful USA Gymnastics Jr. Olympic team, we can develop your boy's talents and improve their self-discipline. Eight year olds can also join our Steel City Ninja Program.

With so many positive takeaways there is no better time than today to sign up at

www.Jewarts.com Parent Portal.

We would like to encourage everyone to use our convenient online registration.

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

Boys Big Dippers: Gymnastics basics for kindergarten and select pre-K boys only. They will enjoy time in the rec gym on the trampolines, p-bars, rings, vault, foam pits, climbing ropes and more. **60 minutes - \$67 per month**

Boys Lucky Stars: Ages 6 & up Fundamental gymnastics skills and progressions on all Olympic apparatus. Conditioning, circuits, games and challenges will build your son's fitness, and teach risk awareness and safety. **60 minutes \$67 per month**

Boys Super Stars Intermediate: A more advanced program for gymnasts with previous experience 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. **90 minutes \$94.00 per month**

Ninja and Gymnastics: Specific Ninja/obstacle fitness training for young boys with the addition of basic gymnastics skills. Obstacle courses, strength, fun!!! Ages 8 to 14. **60 minutes \$67 per month**

Boys Fall 2018/19 Schedule				
	Monday	Tuesday	Wednesday	Thursday
Boys Big Dipper (60 min)	5:00-6:00 pm	5:30 - 6:30 pm	6:00-7:00 pm	4:30 - 5:30 pm
Boys Lucky Star (60 min)	6:00-7:00 pm	4:30 - 5:30 pm	5:00 - 6:00 pm	5:30 - 6:30
Boys Super Stars (90 min) Invite Only		6:30 - 8:00 pm		6:30 - 8:00 pm
Boy Ninja and Gymnastics				6:00 -7:00pm

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.