

## JAG GYM 2009-2010 Schedule

**JAG's Tumbling, Trampoline and Acro Classes (1<sup>st</sup> grade-up)** For kids who want to learn to flip, JAG offers these great classes. Tumbling and Trampoline classes are great for students who are cheerleaders, dancers or just daredevils!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tumbling & Trampoline Blue/Yellow (co-ed, 1 <sup>st</sup> grade and up)	6:35-7:35	3:15-4:15		5:35-6:35	4:30-5:30	10:15-11:15 11:30-12:30
Tumbling & Trampoline Green/Orange (Co-ed)		6:35-8:05		6:35-8:05		1:00-2:30
Bungees and Bounce		5:35-6:35	5:35-6:35			2:00-3:00
Flips and Tricks	6:35-8:05				5:35-7:05	
Acrobatics (ages 10-up)			6:35-8:05		4:30-5:30 (Age 5-10) 5:35-7:05	

**Tumbling and Trampoline Blue/Yellow** (1<sup>st</sup> grade-up, co-ed) This 60 minute class is for beginner/advanced beginner tumblers. Basics such as rolls, cartwheels and handstands through the introduction of handsprings are covered.

**Tumbling and Trampoline Green/Orange/Red/Purple** (1<sup>st</sup> grade-up, co-ed) This 90 minute class is for intermediate through advanced tumblers. Front and back handsprings are emphasized. Skills through front and back layouts and twisting are taught.

**Bungees and Bounce** (1<sup>st</sup> grade-up, co-ed) This class is for kids who love to bounce. Dedicated to tumble track, trampoline and the bungees, this is a great class for kids with back yard trampolines!

**Flips and Tricks** (boys only, age 8-up) Gymnastics activities for students interested in extreme sports. This class will use the trampolines and soft landing areas to teach flip kicks and basic parkour elements for students with no fear.

**Acrobatics** (co-ed, age 10-up) This is a class for future circus stars! Silks, hand-to-hand balancing as well as hoop work are taught in this class.