

JAG GYM 2009-2010 Schedule

JAG's TeRRiFiCC Academy Gymnastics (1st grade-up) JAG's TeRRiFiCC Academy Program (TAP) is where athletes learn gymnastics in a fun, safe and positive environment. The goal of the TAP Program is to help make your child become a happier, healthier and more athletic individual with good character. Athletes follow JAG's curriculum which is designed as a series of logical progressions and attainable goals. When students reach proficiency at a set of skills on an apparatus, they are invited to present their skills at a testing day where they are then presented with a medal for the event. **If a child has prior gymnastics experience, we ask that a short evaluation appointment be arranged to insure appropriate placement.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Girls' Blue/Yellow (1 st -3 rd Grade, beginner through advanced beginner)	3:20-4:20 4:30-5:30	3:20-4:20 4:30-5:30 5:35-6:35	3:20-4:20 4:30-5:30 5:35-6:35 6:35-7:35	2:45-3:45 3:20-4:20 4:30-5:30 5:35-6:35 6:35-7:35	3:20-4:20 4:30-5:30	9:00-10:00 10:15-11:15 11:30-12:30 2:00-3:00 3:00-4:00
Girls' Blue/Yellow (3 rd -7 th Grade, beginner through advanced beginner)		5:35-7:05	5:35-7:05	4:00-5:30		10:30-12:00 2:30-4:00
Girls' Green/Orange (1 st -3 rd Grade, intermediate)	4:30-6:00 5:35-7:05	4:00-5:30	4:00-5:30	2:45-3:45	4:00-5:30	8:45-10:15 1:00-2:30
Girls' Green/Orange (3 rd -7 th Grade, intermediate)	5:35-7:05	4:00-5:30	5:35-7:05	4:00-5:30	5:35-7:05	1:00-2:30
Girls' Red/Purple (all grades, advanced)		5:35-7:05	5:35-7:05			2:00-4:00
Tween/Teen Gymnastics (ages 10-up, all levels)		6:35-8:05		5:35-7:05		10:30-12:00 2:30-4:00
Boys' Blue/Yellow (beginner through advanced beginner)	3:30-4:30 5:35-6:35	4:30-5:30	4:30-5:30	3:20-4:20 4:30-5:30		10:15-11:15 11:30-12:30 3:00-4:00
Boys' Green/Orange/Red/Purple (intermediate/advanced)		5:35-7:05		5:35-7:05	4:30-6:00	2:30-4:00
Girls' Rhythmic Gymnastics				5:35-6:35	4:30-5:30	2:00-3:00

Girls' Blue/Yellow (1st grade-up) This 60 or 90 minute class is for beginner/advanced beginner gymnasts. Skills taught include cartwheels, handstands and rolls as well as basics on bars, beam and vault.

Girls' Green/Orange (1st grade-up) This 90 minute class is for intermediate gymnasts. Skills taught include walkovers on floor, cartwheels on beam, handstand flat back vaults and back hip and sole circles on bars.

Girls' Red/Purple (1st grade-up) This 2 hour class is for advanced gymnasts. Skills include front and back handsprings and tucks, walkovers on beam, handspring vaults and kips on bars. Twice a week is strongly recommended.

Tween/Teen Gymnastics (ages 10-up) This 90 minute class is for pre-teen and teen gymnasts of all levels. Skill level will be individualized for each girl.

Boys' Blue/Yellow (1st grade-up) This 60 minute class is for beginner/advanced beginner male gymnasts. Skills taught include cartwheels, handstands and rolls as well as basics on rings, bars and vault.

Boys' Green/Orange/Red/Purple (1st grade-up) This 90 minute class is for intermediate/advanced male gymnasts. Skills taught include handsprings, tucks as well as move advanced skills on rings, bars, pommel horse and vault.

Girls' Rhythmic Gymnastics (1st grade-up) Rhythmic gymnastics is like ballet with toys! Girls use balls, hoops, ribbons and clubs and combine it with dance and flexibility to achieve this beautiful sport.

**If your child is interested in joining a competitive gymnastics team, please contact our front office for more information.
We have pre-team and team programs for both boys and girls.**

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Revised Oct 27, 2009