

## JAG GYM 2010-2011 Schedule

**JAG's TeRRiFiCC Academy Gymnastics (1<sup>st</sup> 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 Ensure appropriate placement.**

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

**Girls' Blue/Yellow** (1<sup>st</sup> 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** (1<sup>st</sup> 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** (1<sup>st</sup> 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** (1<sup>st</sup> 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** (1<sup>st</sup> 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** (1<sup>st</sup> 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 July 21, 2009

## JAG GYM 2010-2011 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/Green (co-ed, 1 <sup>st</sup> grade and up)		3:15-4:15	5:35-6:35	5:35-6:35	4:30-5:30	10:15-11:15
Tumbling & Trampoline Orange/Red/Purple (Co-ed)		6:35-8:05		5:00-6:30	5:35-7:05	1:00-2:30
Acrobatics (ages 8-up)			6:35-8:05		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.