



CLASS SCHEDULE



JAG's Jungle Jym-Tastics (Walking through 5 years)

Jungle Jym-Tastics is a program for kids from 6 months to Kindergarten, parent and me to advanced gymnastics, a once a week commitment or more. JAG's age divisions allow our coaches to focus on the developmental needs specific to each group. JAG is full of specially designed preschool-sized equipment just right for the growing bodies of our smallest athletes. Even our youngest gymnasts work on tumbling skills like rolls and the beginnings of cartwheels and handstands!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Joeys 1-2 (1-2 year olds, coed)	9:30-10:15 10:15-11:00 2:30-3:15	8:45-9:30 10:15-11:00 1:30-2:15	8:45-9:30 10:15-11:00	10:15-11:00 1:30-2:15	10:15-11:00	8:25-9:10 9:40-10:25	1:05-1:50
Joeys 2-3 (2-3 year olds, coed)	11:05-11:50 3:20-4:05	9:30-10:15 2:30-3:15 3:30-4:15	9:30-10:15 10:15-11:00 1:30-2:15 3:20-4:05	9:30-10:15 10:15-11:00 3:30-4:15	9:30-10:15 10:15-11:00	9:15-10:00 10:00-10:45 10:45-11:30 12:05-12:50	8:25-9:10 9:15-10:00 10:00-10:45 10:45-11:30
Elephants (3-5 year olds, coed)	9:30-10:25 10:30-11:25 12:30-1:25 1:30-2:25 2:30-3:25 3:20-4:15	9:30-10:25 10:30-11:25 11:05-12:00 12:30-1:25 1:30-2:25 2:30-3:25 3:20-4:15 4:15-5:10	10:30-11:25 11:05-12:00 12:30-1:25 1:30-2:25 3:20-4:15 5:35-6:30 6:35-7:30	10:30-11:25 12:30-1:25 1:30-2:25 3:20-4:15 4:15-5:10 4:30-5:25	9:30-10:25 10:30-11:25 12:30-1:25 1:30-2:25 3:20-4:15	8:25-9:20 9:25-10:20 10:25-11:20 11:30-12:25 12:05-1:00	8:25-9:20 9:25-10:20 10:25-11:20 11:30-12:25 12:05-1:00 1:05-2:00
Cheetahs (3-5 year olds, coed, adv)	11:30-12:25 4:15-5:10		1:30-2:25 3:20-4:15	11:30-12:25 4:15-5:10	3:20-4:15	9:25-10:20	1:00-2:30

Joeys (1-3 year olds, coed) Joeys class is a caregiver participation class for children ages one to three years. A structured class, the toddlers develop and refine their fine and gross motor skills, build body awareness and coordination while learning social and listening skills. Basic gymnastics, combined with music and games, create a fun and healthy atmosphere. Classes are divided by age (ages 1-2 and 2-3) to provide peer fit and developmental compatibility.

Elephants (3-5 year olds, coed) Elephants learn gymnastics skills using preschool equipment and the "big kid" equipment. This class is designed to create a fun, safe and challenging environment for your child filled with obstacle courses, learning stations, fitness and gymnastics. Special attention is placed on skills needed for Kindergarten.

Cheetahs (3-5 year olds, coed) Designed for the older preschooler who has participated in the Elephants class, Cheetahs continue to learn gymnastics skills and class participation at a more advanced pace than the elephants.

JAG's TeRRiFiCC Academy Gymnastics (5 yrs and 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.

CLASSES FOR AGES 5 AND OLDER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Girls Blue/Yellow (beginner through advanced beginner)	2:30-3:25 3:30-4:25 4:30-5:25	2:30-3:25 3:30-4:25 4:30-5:25 5:35-6:30 6:35-7:30	2:30-3:25 3:30-4:25 4:30-5:25 5:45-6:40	3:20-4:15 3:30-4:25 4:30-5:25	2:30-3:25 3:30-4:25 4:30-5:25	8:25-9:20 9:25-10:20 10:00-10:55 10:25-11:20	11:30-12:25 12:05-1:00 1:05-2:00 2:10-3:05	8:25-9:20 9:25-10:20 10:00-10:55 10:25-11:20	11:30-12:25 12:05-1:00 1:05-2:00
Girls Green/Orange (Intermediate)	3:30-4:45 4:15-5:30	3:30-4:45 4:15-5:30	3:30-4:45 4:15-5:30	3:30-4:45 4:15-5:30	3:30-4:45 4:30-5:45	8:25-9:40 10:00-11:15 10:25-11:40	11:30-12:45 2:35-3:50	8:25-9:40 10:25-11:40 11:30-12:45 12:05-1:20 2:00-3:15	
Girls Orange/Red/Purple (intermediate/advanced)	4:15-5:45 5:45-7:15	4:45-6:15 5:45-7:15		3:30-5:00 4:15-5:45		8:25-9:55 10:00-11:30 10:25-11:55 1:05-2:35	8:25-9:55		
Girls Red/Purple (advanced)						10:25-11:55	3:10-4:40		
Girls Gymnastics (ages 8-up)	5:45-7:15			5:45-7:15		2:10-3:40	3:15-4:45		
Boys Gym (beginner through advanced beginner)	4:30-5:25	3:30-4:25	3:30-4:25	3:30-4:25 4:30-5:25		9:25-10:20 11:30-12:25 1:05-2:00	9:25-10:20 2:10-3:05		
Boys Gymnastics (ages 7-11) (90min)			4:30-6:00			10:25-11:55			

Girls Blue/Yellow (5 yrs and up) This 55 minute class is for beginner/advanced beginner gymnasts. Blue skills include cartwheels, handstands, forward rolls and backward rolls as well as basics on bars, beam and vault. Yellow skills include roundoffs, and continued development of cartwheels, handstands and rolls as well as on bars, beam and vault.

Girls Green/Orange (5 yrs and up) This 75 minute class is for intermediate gymnasts. Green skills include bridge kickover on floor, small handstand on beam, diveroll and handstand on vault, and pullover (with spot) on bars. Orange skills include walkovers on floor, cartwheels on beam, handstand flat back vaults and back hip and sole circles on bars.

Girls Red/Purple (5 yrs and up) This 90 minute class is for advanced gymnasts. Red skills include roundoff jump-back, back walkover, walkovers on beam, handspring vaults and single leg shoot through on bars. Purple skills include front and back handsprings and tucks, walkovers on beam, handspring vaults and kips on bars. Twice a week is strongly recommended.

Girls Gymnastics (ages 8 and up) This 90 minute class is for pre-teen and teen gymnasts of all levels. Skill level will be individualized for each girl. Advanced grouping is available at select times.

Boys Gym (5 yrs and up) This 55 minute class is for beginner/advanced beginner male gymnasts. Skills taught include cartwheels, handstands and rolls as well as basics on rings, p-bars, high bar, pommel horse and vault.

Boys Gymnastics (ages 7-11) This 90 minute class is for advanced male gymnasts. Skills taught include front and back handsprings, tucks as well as more advanced skills rings, p-bars, high bar, pommel horse and vault.

Club Gym (Fridays 6-8:30pm) This 2.5 hour weekly workout is for girls who want the experience of training in a team atmosphere without the commitment of competitive gymnastics. It strikes the perfect balance of fun and discipline for those girls who want a little more than just a gym class and a little less than the demand of competitive gymnastics. The tuition for Club Gym is \$359 a month and the girls are welcome to add on a regular Girls GO, ORP, RP or any Flips class for just an additional \$100 a month if they would like to have a twice a week experience.

JAG's Flips, Dance and Tween/Teen Classes

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	Sunday
Flips Green/Orange (ages 7-12)			4:35-5:30 (COED)	5:45-6:40 (BOYS) 5:45-6:40 (GIRLS)		2:35-3:30 (COED) 3:30-4:25 (GIRLS)	10:25-11:20 (COED) 10:25-11:20 (GIRLS)
Flips Red/Purple		5:45-7:15	5:35-6:30			2:35-3:30 (GIRLS)	10:00-10:55 (GIRLS) 11:30-12:25 (GIRLS)
Tumbling/Acrobatix* COED (ages 12 & up)	7:15-8:10	7:15-8:10	7:35-8:30	7:15-8:10			

Flips 1 Green/Orange (ages 7-12) This 55-minute class splits time on trampoline and floor, focusing on the keystone skills of gymnastics; handstands, round-offs, and front flips.

Flips 2 Red/Purple (ages 7-12) This 55-minute class continues to build on what was learned in Flips and Handsprings 1 and introduces more advanced tumbling skills such as front handsprings and back handsprings, back flips and aerials. (Schedule a Placement Evaluation!).

Tumbling/Acro (ages 12 & up) This 55 minute class is an open level tumbling class. It covers basics such as rolls, cartwheels, and handstands; intermediate skills such as walkovers, handsprings and aerials; and, advanced skills such as front and back tucks, round off back handspring series and twisting. The class specifically structured to work with each athlete's individual goals to increase their tumbling proficiency. It is the perfect class to compliment the training of cheerleaders, dancers, martial artists, skiers, snowboarders and skateboarders looking to improve their tumbling and acrobatic skills or for former gymnasts who want to keep up their tumbling skills.

Ninja Zone Classes

"To move uninterrupted through an environment or series of obstacles with fluidity, prowess, and stealth. To use combinations of skillful spins, rolls, flips, jumps, and kicks to elude an opponent." The NinjaZone is an all new discipline inspired from Obstacle Course Training, Gymnastics, Street Dance, & Martial Arts.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lil Ninjas (ages 3-5)	1:30-2:25 3:30-4:25	1:30-2:25 4:30-5:25	1:30-2:25 2:30-3:25 4:30-5:25	12:30-1:25 4:30-5:25	1:30-2:25 2:30-3:25 3:30-4:25	8:25-9:20 9:25-10:20 11:30-12:25	8:25-9:20 11:30-12:25 1:35-2:30
Ninjas (ages 5 -11)	2:30-3:25 3:30-4:25	2:30-3:25 3:30-4:25 4:30-5:25 4:30-5:25 (GIRLS)	2:30-3:25	3:20-4:15 4:30-5:25 (COED) 4:30-5:25 (GIRLS)	3:30-4:25 4:30-5:25	8:25-9:20 9:25-10:20 12:05-1:00 2:35-3:30	8:25-9:20 9:25-10:20 11:30-12:25 1:35-2:35 2:35-3:30 (GIRLS)

Lil Ninjas (ages 3-5) Lil' Ninjas is the entry level to the all new sport discipline inspired by gymnastics, martial arts, obstacle training and freestyle movement. Class goals include listening skills, confidence, trying new things, working through frustration, and manners. We do all this through a myriad of skills and progressions.

Ninjas (ages 5-11) Children learn combinations of flips, rolls, jumps, and kicks in combination on strength & agility courses. A progressive level system evaluates and advances children on their skill and knowledge of core values as described in the Ninja Zone creed. The levels of Ninja Zone are defined by the headband colors of White, Yellow, Green and Blue

Monthly Tuition Schedule

Once a week	Monthly
45 minutes (Joey's)	\$199
55 minutes	\$249
75 minutes	\$329
90 minutes	\$349

Sibling Discount: 10% off lesser tuition | Multi-class discount: 10% off each additional class