

Recreational Class Schedule

Early Childhood Programs

Caregiver & Child: Ages 1-3

Monday 9:00-9:45am, 10:00-10:45 am
Tuesday 9:00-9:45am, 10:00-10:45 am
Wednesday 9:00-9:45am, 10:00-10:45 am
Thursday 9:00-9:45am, 10:00-10:45 am
Saturday 9:00-9:45am

Kids Progressive: Ages 3-5

Monday 9:00-9:45am, 10:00-10:45 am
4:00-4:45pm, 5:00-5:45 pm
Tuesday 9:00-9:45am, 10:00-10:45 am
4:00-4:45pm, 5:00-5:45 pm
Wednesday 9:00-9:45am, 10:00-10:45 am
4:00-4:45pm, 5:00-5:45 pm
Thursday 9:00-9:45am, 10:00-10:45 am
4:00-4:45pm, 5:00-5:45 pm
Saturday 10:00-10:45 am

Hot Shots Invitational Program

Wednesday 5:00-6:00 pm
Friday 5:00-6:00 pm

School Aged Programs

Girls Progressive: Ages 6+

Monday 4:00-5:00 pm,
5:00-6:00 pm
Tuesday 4:00-5:00 pm,
5:00-6:00 pm
Wednesday 4:00-5:00 pm,
5:00-6:00 pm
Thursday 4:00-5:00 pm,
5:00-6:00 pm
Saturday 10:00-11:00 am

Xcel Developmental Invitational Program

Monday 6:30-8:00pm
Wednesday 6:30-8:00pm

Ninja Tricking Class: Ages 6+

Saturday 11:00 am-12:00 pm

Tumbling: Ages 8+

Wednesday 7:30-8:30 pm
Saturday 11:00-12:00 pm

If you sign up for a class while a session is in progress, a pro-rated price will be provided! We accept enrollment at any time!

PAYMENT INFORMATION

Session Fees:

- 45 Minute Class: \$130.00
- 60 Minute Class: \$145.00
- 90 Minute Class: \$175.00

All class fees are based on an 8-week session.

Discounts:

- 15% off of session fee for each additional child per family.

All Clinics, Open Gyms & Workshops at a reduced rate for ALL JAG members!

Payment Schedule:

- \$25.00 deposit to hold child's spot in classes for upcoming session.
- All payments are expected in full upon first day of each session. There is a \$10 LATE FEE if your payment is not received by the first class of the session.
- JAG accepts cash, check, M/C, Visa, and Discover Cards. There is a \$30 returned check fee.
- Cancellations once a session has begun are non refundable.

ADDITIONAL INFORMATION:

- J.A.G. students are allowed 2 make up classes per session! Make up classes can be scheduled before or after an absence. **OPEN GYM** can also be used as a make up class.

Please call in advance to schedule.

JAG



John's Academy of **GYMNASTICS**

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Early Childhood Programs

Caregiver & Child; Ages 1-3:

Bring the “wee” ones! This class introduces a child to the gymnastics environment: a safe place to practice and develop new found abilities. Climbing, rolling, hanging, jumping, running, new faces, new colors, new sights and sounds to discover and explore all with the safety of someone familiar nearby to enjoy and take part in the new discoveries experienced. This is the time of exploration and discovery!



Kids Progressive; Levels 1-2, Ages 3-5:

This is a stage of new found confidence! Here at JAG, we provide a safe environment and instruction that will assist your child in developing their fine and gross motor skills. They will also be introduced to social skills as they learn to interact with their peers in a positive manner. This class introduces basic gymnastics skills with the Fun and Fit Kindergym Star System to Achieve!

Activities include Vault, Bars, Balance Beam, Trampoline and Tumbling. There is an 8:1 student to instructor ratio for this class.



Hot Shots invitational Program; Ages, 3-5

This is an introductory level to the Pre-Team level that introduces the gymnast to the skills, drills, and gym etiquette necessary to be a successful competitive gymnast. Generally, gymnasts are ages 3-5 in this program.



Pre-Team Invitational Program:

This level is specifically designed to ready the gymnast to compete in the USAG Junior Olympic Level 3 program. Emphasis is placed on form and technique and teaching the gymnast the importance of proper skill performance.

Tumbling: Ages 8+:

ATTENTION Cheerleaders, Dancers, Gymnasts, and Enthusiasts! Are you trying to make it onto your school's Cheerleading team? Looking to add a few tricks to your dance solo? Do you just love to tumble? You will FLIP over this class! At JAG, our Tumbling classes consist of strength and flexibility training, basic tumbling development, and an introduction to many new tumbling skills! Tumbling experience is not required as students are split up based on each individual's needs.

School Aged Programs

Girls Progressive: Levels 1-2; Ages 6+

Ages 6-8: Your child is growing in leaps and bounds, curious and excited about learning. We at JAG continue to foster this sense of curiosity through a kinesthetic experience by introducing basic gymnastic skills as well as developing strength and flexibility that will enhance other sport endeavors. Activities include Vault, Bars, Balance Beam, Trampoline and Tumbling. This class also introduces the first level in the Girls Fun and Fit Star System to Achieve! There is an 8:1 student to instructor ratio for all Girls Progressive Classes.



Xcel Developmental Invitational Program; Ages 8+:

Our Xcel Developmental Team is a 90-minute class that introduces more advanced gymnastics skills on all 4 of the Women's Artistic Disciplines, as well as strength and flexibility training to assist our students with achieving such skills. At JAG, we offer a unique experience for our Xcel Developmental students. Depending on their personal goals and their families' needs, students can participate in this class recreationally or as a “prep” for our Semi-Competitive Xcel Bronze Team.



Xcel Competitive Program; Bronze Level:

Xcel is an alternative USA Gymnastics competitive program offerings individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for rewarding the gymnastics experience.

Girls Progressive; Levels 1-2, Ages 6+

can also lead to our
Pre-Team Invitational Program:



Junior Olympic Competitive Program Level 3:

The JO Program designed by USA Gymnastics is broken into eight competitive levels that are recognized by the state of Connecticut. Levels are broken into compulsory (levels 3-5) and optional routines (levels 6-10). We currently have gymnasts competing at all levels of the USA Gymnastics Junior Olympic Program!

Ninja Tricking Class; Ages 6+:

Class time will be dedicated to movements combining martial gymnastics, and other performing arts to create an aesthetic blend of flips, kicks, and twists. The other half of the class will be spent on different versions of a Ninja course strategically placed through the gym to challenge the mind and body through movement.

JAG OPEN GYM

\$10.00 per guest, \$8.00 per Member
Saturday: 4:00-5:00 pm

J.A.G Open Gym is when the gym floor is open to everyone: members and non-members. There are instructors on the floor at all times to ensure your child's safety. J.A.G offers additional Open Gym sessions when there is “No School”.

Visit JAG at www.jagymnastics.org
Facebook, Instagram, or e-mail:
JAGymnasticsLLC@gmail.com for updates!

Happy Birthday to You!

Make your next party a JAG party!

J.A.Gymnastics offers a great alternative to home birthday parties. This means FUN for all the kids & LESS work for you! From organized games & activities to set-up & clean-up, We've got it covered!

Ask for More Details!



JAGymnasticsLLC@gmail.com
203.269.5244



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