

## JAG GYM 2009-2010 Schedule

**JAG's Jungle Jym-tastics!™ (walking-Kindergarten)** Our age divisions allow our coaches to focus in on the developmental needs specific to the group. Additionally, JAG is full of specially designed preschool sized equipment just right for the growing bodies of our smallest athletes!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foxes and Pups (walking-2 years, coed)	9:30-10:15 3:15-4:00	10:15-11:00 1:45-2:30	9:30-10:15 3:15-4:00	10:15-11:30	1:45-2:30	8:45-9:30 9:30-10:15 10:45-11:30
Kangaroos and Joeys (2-3 year olds, coed)	10:15-11:00 11:05-11:50	9:30-10:15 3:15-4:00	10:15-11:00 1:00-1:45 3:15-4:00	9:30-10:15 10:15-11:00 6:35-7:20	9:30-10:15 3:15-4:00	9:00-9:45 9:55-10:40 1:15-2:00 2:05-2:50 3:00-3:45
Camels (3 year olds, coed)	1:30-2:15 3:15-4:00	9:30-10:15 10:15-11:00 1:45-2:30 3:15-4:00	1:45-2:30 3:15-4:00	9:30-10:15 10:15-11:00 1:00-1:45 3:15-4:00	10:15-11:00 1:00-1:45	9:00-9:45 9:55-10:40 10:45-11:30 1:15-2:00 2:05-2:50
Elephants (4-5 year olds, coed)	1:00-2:00 1:30-2:30 3:15-4:15 4:35-5:35	1:00-2:00 1:30-2:30 3:15-4:15 4:35-5:35	1:00-2:00 1:30-2:30 3:15-4:15 4:35-5:35	1:00-2:00 1:30-2:30 3:15-4:15 3:30-4:30 4:35-5:35	1:00-2:00 1:30-2:30 4:35-5:35	9:00-10:00 10:15-11:15 11:30-12:30 2:00-3:00
Zebras (3-4 year olds, coed)	2:00-3:00 4:35-5:35 5:35-6:35	11:05-12:05 12:30-1:30 2:00-3:00 4:35-5:35 5:35-6:35	11:05-12:05 1:00-2:00 2:00-3:00 3:15-4:15 4:35-5:35 5:35-6:35	11:05-12:05 2:00-3:00 4:35-5:35 6:35-7:35	1:00-2:00 2:00-3:00 3:15-4:15 4:35-4:35	10:15-11:15 12:45-1:45 3:00-4:00
Tigers (Kindergarten girls)	2:30-3:30 3:15-4:15 4:30-5:30 5:35-6:35	3:15-4:15 4:30-5:30	2:00-3:00 3:15-4:15 4:30-5:30 5:35-6:35	3:15-4:15 5:35-6:35	3:15-4:15 4:30-5:30	9:00-10:00 10:15-11:15 11:30-12:30 12:45-1:45 2:00-3:00
Lions (Kindergarten boys)	2:30-3:30 4:30-5:30	4:30-5:30	3:15-4:15 5:35-6:35	4:30-5:30 6:35-7:35	4:30-5:30	10:15-11:15 11:30-12:30 3:00-4:00
Giraffes (Pre School Rhythmic Gymnastics, girls ages 4-5)				3:15-4:15	1-2	1-2

**Foxes and Pups** (Walking-2 years) Foxes and Pups includes some open time as well as some structured time. This class is centered around age appropriate developmental movements using special, tot-size apparatus with strong emphasis on socialization and group involvement. Designed as a transitional class, the Foxes and Pups are being prepared to move into the Kangaroos and Joeys.

**Kangaroos and Joeys** (2-3 year olds, coed) The Kangaroo class is for the older toddler who still needs a parent or caregiver to participate but is prepared for a fully structured class. The toddlers develop and refine their fine and gross motor skills, body awareness and coordination while learning social and listening skills. Basic gymnastics, combined with music and games create a fun and healthy atmosphere for older toddlers.

**Camels** (3 year olds, coed) This class is open to 3 year olds who are prepared to transition to a class without a parent or caregiver in the gym. Camels continue to develop strength, flexibility and coordination by being introduced to basic gymnastics positions and skills. In a fun, energetic and positive atmosphere, games and obstacle courses teach and reinforce the gymnastics concepts as well as basic sports and pre school skills.

**Zebras** (3-4 year olds, coed) Zebras is a mixed age Camels and Elephant class. This class is ideal for close aged siblings or friends as well as those children who have successfully completed Camels and are ready for a 1 hour class.

**Elephants** (4-5 year olds, coed) Designed for the older pre-school aged child, 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.

**Tigers** (Kindergarteners, girls only) Tigers are able to handle a class which is more 'skill oriented'. This girls-only class uses the same curriculum as our academy program, while also including many motor and social skills that are essential to Kindergarten success. As the year moves along, we begin to offer more 'skills', preparing each child, physically, socially and mentally, for our TeRRiFiCC Academy Gymnastics classes starting at 1st grade.

**Lions** (Kindergarteners, boys only) Lions are able to handle a class which is more 'skill oriented'. This boys-only class uses the same curriculum as our academy program, while also including many motor and social skills that are essential to Kindergarten success. As the year moves along, we begin to offer more 'skills', preparing each child, physically, socially and mentally, for our TeRRiFiCC Academy Gymnastics classes starting at 1st grade.

**Giraffes** (ages 4-6, girls) Giraffes is rhythmic gymnastics for girls ages 4-6. Ballet with toys, rhythmic gymnastics uses balls, hoops and ribbons and teaches grace and coordination.

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