

<b>Schedule</b> Aug 30 - Dec 23 2010
Closed Nov 22 - 26



WWW.GYMJAM.COM

## Fall Session 2010

Siblings 50% off any motor or gymnastics class

Motor Skills:	<b>8 wks= \$138</b> <b>16 wks= \$221</b>
Gymnastics:	<b>8 wks= \$96</b> <b>16 wks= \$154</b>
FreeJAM pass 8 weeks <b>\$95/\$50 add'l</b>	Annual Family Registration Fee \$20

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:15</b>		***FreeJAM***	Agility JAM 4-6	1 on 1 JAM		1 on 1 JAM 18 months - 3 1/2 8- 8:45am	
<b>10:15</b>	1 on 1 JAM	Move n' JAM 3	***FreeJAM***	Move'n JAM 3	Public Open Play and FreeJAM 10:15-12pm \$8 / \$4 <b>CHECK SITE SCHEDULE</b>	MD AllStars Practice 9-11am	Party 10:00-11:30
<b>11:15</b>	Move'n JAM 3	1 on 1 JAM	Move'n JAM 3	***FreeJAM***			
<b>12:15</b>	***FreeJAM***		***FreeJAM***				Party 12:00-1:30
<b>1:15</b>					Gymjam Lite Birthday parties. Please contact the Gym for more Information	Party 1:00-2:30	
<b>2:15</b>				Agility JAM 4-6 2:15-3pm			Party 2:00-3:30
<b>3:00</b>				Sibling Jam 3:30- 4:15pm		Party 3:00-4:30	
<b>4:00</b>	Sibling Jam 4:30- 5:15pm						Party 4:00-5:30
<b>5:30</b>		1 on 1 JAM 5:15-6pm	AgilityJAM 5-9 5:30 - 6:15	Gymnastics 5:00pm-6:00pm Advanced	Gymnastics 5:00pm-6:00pm Beginner	Party 5:00-6:30	
<b>6:30</b>	Gymnastics 6:00pm-7:00pm Beginner	Gymnastics 6:00pm-7:00pm Intermediate	Move'n Jam 3-4 6:30-7:15	MD AllStars Practice 6:00pm- 8:00pm	MD AllStars Practice 6:00pm-9:15pm		MD AllStars Practice 6:30pm- 8:30pm
<b>7:30</b>	Gymnastics 7:00pm-8:00pm Intermediate	MD AllStars Practice 7:00pm-9:00pm	***FreeJAM*** 7:15-8:00pm				

**1-ON-1 JAM™ • 18 MONTHS TO 35 MONTHS OLD • PARENT-CHILD PROGRAM • 45 MINUTES**

1-on-1 Jam uses movement challenges and creative equipment setups to develop coordination, body awareness and word recognition. Our instructors help guide the parent as their child discovers balance, locomotive skills, strength and flexibility. Social interaction is emphasized and encouraged! Through the introduction of simple directions, rules, and routines, the child develops listening skills and a sense of recognition. One third of the class is dedicated to open play. Adult participation is required.

**MOVE'N JAM™ 3S • AGE 3 • 45 MINUTES**

Move'n Jam 3s is for the child who demonstrates a growing independence from the parent, has an adequate attention span and the ability to follow simple directions. In a fun, exploratory way, children learn to accomplish rolling skills, pre-cartwheels, hopping, jumping, landing, leaping, locomotion in different directions, balancing and weight transfer on and off of equipment. Attention spans will increase and the ability to follow directions will grow in this fun, structured class.

**SIBLING JAM™ • MIXED AGES • 45 MINUTES**

Sibling Jam is designed for students of mixed ages to participate together. Sibling Jam pulls pieces from the curriculum and will vary based on the ages attending the class. It offers the busy parent an option to give two or more children of different ages the **Gymjam** experience without having to attend two separate classes.

**AGILITYJAM™ 4-6 & 5-9 (WED PM) • 45 MINUTES**

AgilityJAM is designed to develop a child's balance, quickness, coordination and stamina. Utilizing more open space exercises than the Move'n JAM classes, your child will learn skills that apply to all sports. Jumping, balancing, quick-direction change, climbing, landing, body awareness as well as hand-eye and foot-eye skills will be taught and honed. As with all our programs, we will encourage your child to try through positive reinforcement.

**FRIDAY OPEN PLAY • 45 MINUTES 10:15AM-12:00PM**

Unstructured, self-supervised open play. Free for currently enrolled students or holders of the FreeJAM pass, \$5 for former students that have paid their annual registration, \$8 for everyone else (each additional sibling is \$4.00).

**TUMBLEJAMS 1 hour classes (see schedule for times)**

**Beginner** – This 1 hour class is intended for those interested in tumbling that have little or no experience. It is a great way to "try it out" and see if gymnastics is an activity the student would like to continue. Students will practice skills such as rolls, handstands, cartwheels, backbend kick-overs, etc.

**Intermediate**- More difficult tumbling skills will be introduced as basic tumbling skills are mastered. This 1 hour class will provide drills and progressions for back walkovers, front walkovers, back handsprings, and front handsprings. Training regimens are designed to be challenging yet fun!

**Advanced**- This 1 hour class is for serious tumblers looking to progress to the next level. Students will advance to learning back tucks, x-outs, punch fronts, layouts, layout step outs, etc. As with every class, proper technique will be enforced to further skill development.