

Hot Shot Tots Gymnastics

Pre-Registration Required For All Classes

An enjoyable physical, mental and social experience for your toddler to age 3. A playful parent/tot class centered around age appropriate movements using specialized tot-size gymnastics equipment. This class will enhance your toddler's body awareness making him or her more confident.

Fee R/NR: \$88/\$108, *\$77/\$97		No class 5/28			
		Wk. of:	1/3-2/20	2/27-4/9	4/16-6/11
Day	Time		Code #	Code #	Code #
Mon.	10:15-11am	First session Monday classes start on 1/9	12-0300*	12-0400*	13-0500*
Tue.	9:15-10am		12-0301	12-0401*	13-0501
Wed.	9:15-10am		12-0302	12-0402*	13-0502
Thu.	11:15am-12pm		12-0303	12-0403*	13-0503
Fri.	11:15am-12pm		12-0304	12-0404*	13-0504
Sat.	8:10-8:55am		12-0305	12-0405*	13-0505
Sat.	9:05-9:50am		12-0306	12-0406*	13-0506

No class 5/28

4-5 Year Olds

Pre-Registration Required For All Classes

These children are beginning to really step out and move. We know it is even more essential that their physical challenges be monitored for safety and that their attempts are rewarded so risks become exciting and failed attempts are seen for what they are, learning experiences.

Fee R/NR: \$88/\$108, *\$77/\$97		No class 5/28			
		Wk. of:	1/3-2/20	2/27-4/9	4/16-6/11
Day	Time		Code #	Code #	Code #
Mon.	1-1:45pm	First session Monday classes start on 1/9	12-0315*	12-0415*	13-0515*
Mon.	7-7:45pm		12-0316*	12-0416*	13-0516*
Tue.	10:15-11am		12-0317	12-0417*	13-0517
Tue.	2-2:45pm		12-0318	12-0418*	13-0518
Wed.	10:15-11am		12-0319	12-0419*	13-0519
Wed.	1-1:45pm		12-0320	12-0420*	13-0520
Thu.	10:15-11am		12-0321	12-0421*	13-0521
Thu.	2-2:45pm		12-0322	12-0422*	13-0522
Fri.	10:15-11am		12-0323	12-0423*	13-0523
Fri.	1-1:45pm		12-0324	12-0424*	13-0524
Sat.	11-11:45am		12-0325	12-0425*	13-0525
Mon.	2-2:45pm	12-0326*	12-0426	13-0526*	

No class 5/28



3 Year Olds

Pre-Registration Required For All Classes

No parents necessary here! This class helps children take that big step towards independence. With encouragement from skilled instructors, the participants face physical challenges which give them stronger bodies and sharper minds as well as a clearer understanding of their abilities.

Fee R/NR: \$88/\$108, *\$77/\$97		No class 5/28			
		Wk. of:	1/3-2/20	2/27-4/9	4/16-6/11
Day	Time		Code #	Code #	Code #
Mon.	9:15-10am	First session Monday classes start on 1/9	12-0307*	12-0407*	13-0507*
Mon.	6:15-7pm		12-0308*	12-0408*	13-0508*
Tue.	11:15am-12pm		12-0309	12-0409*	13-0509
Wed.	11:15am-12pm		12-0310	12-0410*	13-0510
Thu.	9:15-10am		12-0311	12-0411*	13-0511
Fri.	9:15-10am		12-0312	12-0412*	13-0512
Fri.	2-2:45pm		12-0313	12-0413*	13-0513
Sat.	10-10:45am	12-0314	12-0414*	13-0514	

No class 5/28

Kindergarten

Pre-Registration Required For All Classes

This class is for the little gymnast who already has some school experience. Because of their age, kindergarteners are able to handle a class which is slightly more "skill oriented." With positive reinforcement, children are afforded appropriate challenges which prepare them, physically and mentally, for our developmental gymnastics classes. These classes are pre-1st grade and participants should be age 6 by September 1.

Fee R/NR: \$88/\$108, *\$77/\$97		No class 5/28			
		Wk. of:	1/2-2/20	2/27-4/9	4/16-6/11
Kindergarten-Pre 1st Grade-Boys					
Day	Time		Code #	Code #	Code #
Tue.	4-5pm		12-0330	12-0430*	13-0530
Sat.	1-2pm		12-0334	12-0434*	13-0534
Kindergarten-Pre 1st Grade-Girls					
Day	Time		Code #	Code #	Code #
Mon.	4-5pm		12-0328*	12-0428*	13-0528*
Sat.	12-1pm		12-0333	12-0433*	13-0533

Fee R/NR: \$88/\$108, *\$77/\$97		No class 5/28			
		Wk. of:	1/2-2/20	2/27-4/9	4/16-6/11
Kindergarten-Pre 1st Grade-Co-Ed					
Day	Time		Code #	Code #	Code #
Mon.	11:15am-12pm	First session Monday classes start on 1/9	12-0327*	12-0427*	13-0527*
Tue.	1-1:45pm		12-0329	12-0429*	13-0529
Wed.	2-2:45pm		12-0331	12-0431*	13-0531
Thu.	1-1:45pm		12-0332	12-0432*	13-0532

No class 5/28

Gymnastics Birthday Party Info

Plan your child's next birthday party at our Gymnastics Center.

We provide gymnastics, fun and friendly cooperative games that are age appropriate and sure to delight the kids. Our parties are 90 minutes long. The first hour includes activities in the gym, led by one of our enthusiastic instructors. The last half hour is reserved for the traditional birthday cake and treats. We provide the fun, along with a friendly instructor to lead the activities. We also furnish tables and chairs for cake time. Waivers are handed out; participant signatures required. Parties are held on Sunday afternoons. For information call David Ray at 847-818-3200, x223. Fee: \$150 (up to 16 participants)

Youth Gymnastics

Pre-Registration Required For All Classes

Our developmental gymnastics program is divided by gender and into groups. The 3 level program is designed to provide a non-competitive, achievement oriented program of progressive skills. Children will also receive instruction in the Olympic gymnastics events.

Boys Youth Gymnastics

Fee R/NR: \$88/\$108, *\$77/\$97

No class 5/28

Day	Time	Ages	Level	Wk. of:			
				1/3-2/26	2/27-4/9	4/16-6/11	
Mon.	5-6pm	6-8	Beg.	First session Monday classes start on 1/9	12-0369*	12-0469*	13-0569*
Wed.	5-6pm	6-8	Beg.		12-0370	12-0470*	13-0570
Sat.	12-1pm	6-8	Beg.		12-0371	12-0471*	13-0571
Mon.	8-9pm	9-13	Beg.		12-0372*	12-0472*	13-0572*
Fri.	5-6pm	9-13	Beg.		12-0373	12-0473*	13-0573
Wed.	7-8pm	7+	Int.		12-0374	12-0474*	13-0574
Sat.	2-3pm	7+	Int.		12-0375	12-0475*	13-0575

Girls Youth Gymnastics

Fee R/NR: \$88/\$108, *\$77/\$97, **\$200/\$250

No class 5/28

Day	Time	Ages	Level	Wk. of:			
				1/3-2/26	2/27-4/9	4/16-6/11	
Mon.	4-5pm	6-8	Beg.	First session Monday classes start on 1/9	12-0335*	12-0435*	13-0535*
Mon.	5-6pm	6-8	Beg.		12-0336*	12-0436*	13-0536*
Tue.	4-5pm	6-8	Beg.		12-0337	12-0437*	13-0537
Tue.	5-6pm	6-8	Beg.		12-0338	12-0438*	13-0538
Wed.	4-5pm	6-8	Beg.		12-0339	12-0439*	13-0539
Wed.	5-6pm	6-8	Beg.		12-0340	12-0440*	13-0540
Thu.	4-5pm	6-8	Beg.		12-0341	12-0441*	13-0541
Thu.	5-6pm	6-8	Beg.		12-0342	12-0442*	13-0542
Fri.	4-5pm	6-8	Beg.		12-0343	12-0443*	1230543
Fri.	5-6pm	6-8	Beg.		12-0344	12-0444*	13-0544
Sat.	12-1pm	9-13	Beg.	12-0345	12-0445*	13-0545	
Tue.	5-6pm	9-13	Beg.	12-0346	12-0446*	13-0546	
Wed.	5-6pm	9-13	Beg.	12-0347	12-0447*	13-0547	
Thu.	4-5pm	9-13	Beg.	12-0348	12-0448*	13-0548	
Tue.	5-6pm	6-8	Int.	12-0349	12-0449*	13-0549	
Wed.	4-5pm	6-8	Int.	12-0350	12-0450*	13-0550	
Thu.	5-6pm	6-8	Int.	12-0351	12-0451*	13-0551	
Fri.	5-6pm	9-13	Int.	12-0352	12-0452*	13-0552	
Sat.	1-2pm	9-13	Int.	12-0353	12-0453*	13-0553	
Wed./ Sat.	Wed. 7-9pm/ Sat. 1-3pm	14-18	HS/HS Prep	12-0354**	12-0454**	13-0554**	



Tumbling (Co-ed)

No class 5/28

Pre-Registration Required For All Classes

This program specializes in floor and trampoline skills. Specifically designed for the needs of cheerleaders and aspiring cheerleaders, the class features a strong emphasis on the tumbling and jumping skills which have become necessary in this growing sport. There are 2 levels of tumbling classes offered; beginner (1) and intermediate (2). For safety reasons all students new to the tumbling programs should enroll for the beginner level unless the tumbler can perform a back handspring unassisted. Tumbling 1 skill goals include handstands, round offs and flip flops. Tumbling 2 skill goals include back flips and layouts, layouts with twists, alternates and boudners.

Fee R/NR: \$88/\$108, *\$77/\$97

Day	Time	Ages	Level	Wk. of:			
				1/3-2/26	2/27-4/16	4/10-6/11	
Tue.	4-5pm	6-8	Beg.	First session Monday classes start on 1/9	12-0355	12-0455*	13-0555
Thu.	5-6pm	6-8	Beg.		12-0356	12-0456*	13-0556
Mon.	4-5pm	9-13	Beg.		12-0357*	12-0457*	13-0557*
Mon.	5-6pm	9-13	Beg.		12-0358*	12-0458*	13-0558*
Wed.	3-4pm	9-13	Beg.		12-0359	12-0459*	13-0559
Wed.	4-5pm	9-13	Beg.		12-0360	12-0460*	13-0560
Wed.	6-7pm	9-13	Beg.		12-0361	12-0461*	13-0561
Thu.	4-5pm	9-13	Beg.		12-0362	12-0462*	13-0562
Sat.	2-3pm	9-13	Beg.		12-0363	12-0463*	13-0563
Mon.	8-9pm	14-18	Beg.		12-0364*	12-0464*	13-0564*
Wed.	7-8pm	14-18	Beg.	12-0365	12-0465*	13-0565	

Cheer & Tumbling Skills Class (Grades 6-Senior)

In this program students will work on increasing strength, flexibility and technique, while executing skills such as motions, tumbling, jumps & basic training. A minimum skill level of cart-wheel for middle school and round-off for high school is required for enrollment in the program. This is a co-ed class.

Code #	Ages	Day	Time	Dates	Fee R/NR
12-0366	Frosh-Senior	Wed.	8-9pm	1/4-2/22	\$88/\$108
12-0367	6th-8th, level 1	Sun.	4:45-5:45pm	1/8-2/26	\$88/\$108
12-0368	6th-8th, level 2	Sun.	5:45-6:45pm	1/8-2/26	\$88/\$108
12-0466	Frosh-Senior	Wed.	8-9pm	2/29-4/11	\$77/\$97
12-0467	6th-8th, level 1	Sun.	4:45-5:45pm	3/4-4/15	\$77/\$97
12-0468	6th-8th, level 2	Sun.	5:45-6:45pm	3/4-4/15	\$77/\$97
13-0566	Frosh-Senior	Wed.	8-9pm	4/18-6/6	\$88/\$108
13-0567	6th-8th, level 1	Sun.	4:45-5:45pm	4/22-6/10	\$77/\$97
13-0568	6th-8th, level 2	Sun.	5:45-6:45pm	4/22-6/10	\$77/\$97

No class 5/27

Girl's Gymnastic Team

The Girl's Gymnastic Team follows the 10 level Junior Olympic programs which are regulated by USA Gymnastics (USAG), our sport's governing body. We currently train athletes who compete USAG levels 4-9 and High School (IHSA). The team travels to competitions with other park districts and gymnastics clubs. Pre-requisite for joining the team is successful completion of pre-team training and/or an evaluation by the team director. Team fees are charged on a monthly basis. For more information contact David Ray at 847-818-3200, x223.