

••••• These programs teach skills to various age levels. Participants from other Park Districts may be added with an actual class maximum of 10 kids. The staff to participants ratio is 1:10. **Children must be the appropriate age by the first day of class. Contracted through the Gymnastics Factory whose coaches are U.S.G.A. Safety Certified.** •••••

Location: Gymnastics Factory, 888 E. Belvidere Road
Suite 202, Grayslake
Min / Max: 4 / 10
Register By: One week prior to class

Mom's & Mini's (12 mos. - 3 years)

You and your toddler will play on the mats and work on your child's physical coordination. Sorry, no extra siblings are allowed.

Pee Wee Gymnastics (3 - 4 years) & Tiny Tot Gymnastics (4 - 5 years)

Children develop large motor skills using various pieces of equipment like balls, planks, beams, trampoline, and the bars.

Youth Girls Gymnastics (6 - 12 years) & Youth Boys Gymnastics (6 - 9 years)

Students learn the basic skills to become good at gymnastics such as tumbling, trampoline, bars, beam and the pit.

Cheerleading & Tumbling (8 - 12 years)

Cheerleaders will learn back handsprings, leaps, and body positions for safe cheerleading techniques.

Parkour (7 years & up)

Parkour is an activity with the aim of moving from one point to another as efficiently and quickly as possible, using principally the abilities of the human body. Parkour is like an art or discipline that resembles self-defense.

Class:	Code:	Age:	Day:	Date:	Time:	Res/NR Fee:
Mom's & Mini's	740010A	12-18mo.	Tues	Jan. 10 - Mar. 21	10:00 - 10:40am	\$129 / \$155
Mom's & Mini's	740010B	18 mo-3yrs.	Wed	Jan. 11 - Mar. 22	10:00 - 10:40am	\$129 / \$155
Pee Wee	740011A	3 - 4 yrs.	Fri	Jan. 13 - Mar. 17	9:30 -10:20am	\$129 / \$155
Tiny Tot	740012A	4 - 5 yrs.	Fri	Jan. 13 - Mar. 17	10:30 -11:20am	\$129 / \$155
Youth Girls	740013A	6 - 8 yrs.	Fri	Jan. 13 - Mar. 17	4:00 - 5:00pm	\$129 / \$155
Youth Girls	740013B	9 - 12 yrs.	Fri	Jan. 13 - Mar. 17	5:00 - 6:00pm	\$129 / \$155
Youth Boys	740014A	6 - 12 yrs.	Thur	Jan. 12 - Mar. 16	4:00 - 5:00pm	\$129 / \$155
Cheer/Tumbling	740015A	8 - 12 yrs.	Mon	Jan. 9 - Mar. 13	5:00 - 6:00pm	\$129 / \$155
Parkour	740022A	7 yrs. & up	Fri	Jan. 13 - Mar. 17	4:00 - 5:00pm	\$129 / \$155