



**KIDS BOXING**

Age: 6 - 15 years, Boys & Girls

Join this fun class and learn a new sport. This class will teach your child the basic fundamentals of boxing using proper form and technique in an exciting and safe environment. The instructor will use fun games and non-contact exercises on different types of bags and in the ring to teach your child that this sport is not only fun but great exercise as well. Grab a friend and try something new this Spring. All equipment is provided. This is a contractual program.

**Location:** Conquer Boxing Gym-Libertyville Sports Complex  
**Fee:** \$99.00 per person  
**Register By:** April 10

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>
870027A	Mon & Wed., Apr. 17 - May 24	5:00 - 6:00pm
870027B	Tues & Thurs., Apr. 18 - May 25	5:00 - 6:00pm

**SPEED & AGILITY / SPORTS CONDITIONING**

Age: 12 - 18 years, Boys & Girls

This class is specifically for teens who want to improve their game by getting faster, stronger, and tougher by improving their endurance, agility, balance and power. This program will help with reaction time, running mechanics, injury prevention, strength, power, explosiveness and speed. This is a contractual program.

**Location:** Conquer Boxing Gym-Libertyville Sports Complex  
**Fee:** \$149.00 per person  
**Register By:** April 10

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>
870028A	Mon & Wed., Apr. 17 - May 24	6:00 - 7:00pm

**FIGHT CLUB FOR LADIES**

Age: 16 years - adults

Total body workout specifically designed for women. Focus will be on those hard to tone areas including abs, butt, legs and arms in an intense 45-minute cardio / resistance workout using a variety of boxing moves and different types of bags. Taught by professional boxer Ryan Hill. Get your friends together and spend every Friday with us! This is a contractual program.

**Location:** Conquer Boxing Gym-Libertyville Sports Complex  
**Fee:** \$49.00 per person  
**Register By:** April 14

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>
870029A	Friday, Apr. 21 - May 26	5:00 - 5:45pm

**GYMNASTICS FACTORY CLASSES**

888 E. Belvidere Rd. - Suite 202  
 Grayslake, 60030  
 (847) 223-1555  
[www.thegymnasticsfactory.com](http://www.thegymnasticsfactory.com)

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.**

**Moms & Minis (12 mos.-3 yrs.)** You and your toddler will play on the mats and work on your child's physical coordination.

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>	<b>Res/NR Fee:</b>
840010A	Tues., 3/21 - 5/23	10:00 - 10:40am	\$120 / \$150
840010B	Wed., 3/22 - 5/24	10:00 - 10:40am	\$120 / \$150

**Pee Wee Gymnastics (3-4 yrs.)** Children develop large motor skills using various pieces of equipment like balls, planks, beams, trampoline and the bars.

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>	<b>Res/NR Fee:</b>
840011A	Fri., 3/24 - 5/26	9:30 - 10:20am	\$120 / \$150

**Tiny Tot Gymnastics (4-5 yrs.)** Children develop large motor skills using various pieces of equipment like balls, planks, beams, trampoline and the bars.

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>	<b>Res/NR Fee:</b>
840012A	Fri., 3/24 - 5/26	10:30 - 11:20am	\$125 / \$156

**Youth Girls Gymnastics (6-8 yrs. & 9-12 yrs.)** Students learn the basic skills to become good at gymnastics such as tumbling, trampoline, bars, beam and the pit.

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>	<b>Res/NR Fee:</b>
840013A	Fri., 3/24 - 5/26	4:00 - 5:00pm	\$125 / \$156
840013B	Fri., 3/24 - 5/26	5:00 - 6:00pm	\$125 / \$156

**Youth Boys Gymnastics (6-12 yrs.)** Students learn the basic skills to become good at gymnastics such as tumbling, trampoline, bars, beam and the pit.

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>	<b>Res/NR Fee:</b>
840014A	Thur., 3/23 - 5/25	4:00 - 5:00pm	\$125 / \$156

**Cheerleading Tumbling (8-12 yrs.)** Cheerleaders will learn back handsprings, leaps and body positions for safe cheerleading techniques.

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>	<b>Res/NR Fee:</b>
840015A	Mon., 3/20 - 5/22	5:00 - 6:00pm	\$130 / \$162

**Parkour (7 yrs. & up)** Parkour is like an art or discipline that resembles self-defense.

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>	<b>Res/NR Fee:</b>
840022A	Fri., 3/24 - 5/26	4:00 - 5:00pm	\$125 / \$156