



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 winter. Equipment will be provided. This is a contractual program.

Location: Conquer Boxing Gym-Libertyville Sports Complex
Fee: \$99.00 per person
Register By: Sept. 4

Code:	Date:	Time:
170027A	Mon & Wed., Sept. 11 - Oct. 18	5:00 - 6:00pm
170027B	Tues & Thurs., Sept. 12 - Oct. 19	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: Sept. 4

Code:	Date:	Time:
170028A	Mon & Wed., Sept. 11 - Oct. 18	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: Sept. 8

Code:	Date:	Time:
170029A	Friday, Sept. 15 - Oct. 20	5:00 - 5:45pm

GYMNASTICS FACTORY CLASSES

888 E. Belvidere Rd. - Suite 202
 Grayslake, 60030
 (847) 223-1555
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.

Code:	Date:	Time:	Res/NR Fee:
140010A	Wed., 9/20 - 11/22	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.

Code:	Date:	Time:	Res/NR Fee:
140011A	Fri., 9/22 - 11/24	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.

Code:	Date:	Time:	Res/NR Fee:
140012A	Fri., 9/22 - 11/24	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.

Code:	Date:	Time:	Res/NR Fee:
140013A	Fri., 9/22 - 11/24	4:00 - 5:00pm	\$125 / \$156
140013B	Fri., 9/22 - 11/24	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.

Code:	Date:	Time:	Res/NR Fee:
140014A	Thur., 9/21 - 11/16	4:00 - 5:00pm	\$125 / \$156

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

Code:	Date:	Time:	Res/NR Fee:
140015A	Mon., 9/18 - 11/20	5:00 - 6:00pm	\$125 / \$156