

## GYMNASTICS FACTORY CLASSES

888 E Belvidere Road #202, Grayslake, IL  
(847) 223-1555  
www.thegymnasticsfactory.com

Gymnastics Factory Classes 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.** (BW)

**Location:** Gymnastics Factory, 888 E Belvidere Road #202  
**Register By:** One week prior

## MOMS & MINIS GYMNASTICS

**Age: 12 months - 3 years**

You and your toddler will play on the mats and work on your child's physical coordination.

Code:	Day:	Date:	Time:	Fee (R/NR):
440010A	W	June 13-Aug. 15	10-10:40am	\$90/112
<b>No Class: July 4</b>				

## PEE WEE GYMNASTICS

**Age: 3 - 4 years**

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

Code:	Day:	Date:	Time:	Fee (R/NR):
440011A	F	June 15-Aug. 17	9:30-10:20am	\$100/\$125

## TINY TOT GYMNASTICS

**Age: 4 - 5 years**

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

Code:	Day:	Date:	Time:	Fee (R/NR):
440012A	F	June 15-Aug. 17	10:30-11:20am	\$100/\$125

## YOUTH GIRLS GYMNASTICS

**Age: 6 - 12 years**

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

Code:	Day:	Date:	Time:	Fee (R/NR):
440013A	F	June 15-Aug. 17	4-5pm	\$105/\$130

## YOUTH BOYS GYMNASTICS

**Age: 6 - 12 years**

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

Code:	Day:	Date:	Time:	Fee (R/NR):
440014A	Th	June 14-Aug. 16	4-5pm	\$105/\$130

## CHEERLEADING/TUMBLING

**Age: 8 - 12 years**

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

Code:	Day:	Date:	Time:	Fee (R/NR):
440015A	M	June 11-Aug. 13	5-6pm	\$105/\$130



## LIONS MARTIAL ARTS ACADEMY

401 S. Route 83  
Grayslake, IL 60030  
www.grayslakemartialarts.com

## TAI CHI FOR ALL AGES

**Age: 11 years & up**

Tai Chi (pronounced "tie-CHEE") is an ancient, slow-moving exercise that originated in China around 1200 AD. Discover how Tai Chi can be the perfect activity for your entire family. Tai Chi is a low-impact and fun exercise that promotes bone and muscle strength, flexibility, and improves balance. Practicing Tai Chi can lead to stronger body and mind. **11 week class.** This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
440024A	W	May 23-Aug. 1	6:30-7:15pm	\$77/\$96
<b>No Class: July 4</b>				
440024B	M	June 11-Aug. 6	10-10:45am	\$77/\$96

**Location:** Lions Martial Arts Studio  
**Min / Max:** 4 / 20  
**Register By:** May 19 & June 4

## AIKIDO

**Age: 15 years & up**

This introductory class focuses on blending with an attacker's motion, rather than colliding with it. Aikido is an art that develops strong core centering and unmatched fluidity through simple movements. We train in a traditional Japanese environment that is safe and fun for adults. This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
440004A	W	June 6-Aug. 15	7-7:40pm	\$99/\$123
<b>No Class: July 4</b>				

**Location:** Lions Martial Arts Studio  
**Min / Max:** 1 / 20  
**Register By:** May 30

## KIDS MARTIAL ARTS

**Age: 4 - 13 years**

This class is a blend of traditional and modern martial arts. It focuses on basic kicks, self-defense and bully prevention. Includes cardiovascular workout and stretching routines. We mix in great fast muscle and coordination drills that build balance and coordination. Belt testing is conducted at the end of each session. This is a contractual program. (BW)

Age:	Code:	Day:	Date:	Time:
4-6 yrs	440002A	Th	June 7-Aug. 16	4:30-5pm
7-13 yrs	440002B	Th	June 7-Aug. 16	6-6:45pm

**Fee:** \$99 R / \$123 NR  
**Location:** Lions Martial Arts Studio  
**Min / Max:** 1 / 20  
**Register By:** May 31