

Baby Bugs Gymnastics

This parent-child class encourages interaction and socialization while enhancing motor development through song and play. Gymnastics equipment and parachute play are introduced. Participants must be able to walk on their own. One parent per child.

1-2 yrs			\$102/\$122
M	1/6-3/23	4:45-5:30pm	415000-01
Tu	1/7-3/24	9:00-9:45am	415000-02
F	1/10-3/27	9:00-9:45am	415000-03
Sa	1/11-3/28	9:00-9:45am	415000-04

Dragonfly Gymnastics

Learn basic tumbling, balance, and locomotion skills to promote body awareness and coordination. With-parent classes encourage parent/child interaction and socialization. One parent per child.

2-3 yrs			\$102/\$122
M	1/6-3/23	5:30-6:15pm	415001-01
Tu	1/7-3/24	9:50-10:35am	415001-02
F	1/10-3/27	9:50-10:35am	415001-03
Sa	1/11-3/28	9:00-9:45am	415001-04
Sa	1/11-3/28	9:50-10:35am	415001-05

Cricket Gymnastics

Tumbling and basic gymnastics skills are introduced on smaller scale equipment for preschoolers.

3-4 yrs			\$102/\$122
M	1/6-3/23	6:20-7:05pm	415002-01
Tu	1/7-3/24	6:00-6:45pm	415002-02
W	1/8-3/25	5:00-5:45pm	415002-03
W	1/8-3/25	6:00-6:45pm	415002-04
F	1/10-3/27	10:40-11:25am	415002-05
Sa	1/11-3/28	9:00-9:45am	415002-06

Tumblebugs Open Gym

Parents and kids get free time on age appropriate equipment. An instructor is on duty and leads a short activity. No more than three children per adult.

1-6 yrs			\$42/\$62
Tu	1/7-2/11	10:40-11:40am	415003-01
Tu	2/18-3/24	10:40-11:40am	415003-02

Kinderbug Gymnastics

Kinderbugs introduces kindergartners to our gymnastics program. This class is designed to help little ones prepare for upper level gymnastics.

5-6 yrs			\$114/\$134
Tu	1/7-3/24	5:00-5:55pm	415004-01
W	1/8-3/25	5:00-5:55pm	415004-02
Sa	1/11-3/28	9:50-10:45am	415004-03

Gymnastics for Siblings

Younger children learn from watching an older sibling as a good example. Older kids gain confidence and learn by helping a younger sibling learn new skills! The class is modified for the range of ages so there is skill development for everyone. The class is taught through obstacle courses and on various pieces of equipment.

3-12 yrs			\$102/\$122
Sa	1/11-3/28	9:50-10:35am	415005-01

Gymnastics Level 1

This is an introduction to gymnastics for those who are new to the sport or working on beginner skills. We introduce the basics of tumbling and gymnastics equipment.

6-14 yrs			\$114/\$134
Tu	1/7-3/24	5:00-5:55pm	415006-01
Tu	1/7-3/24	7:00-7:55pm	415006-02
W	1/8-3/25	5:00-5:55pm	415006-03
W	1/8-3/25	6:00-6:55pm	415006-04

Gymnastics Level 2

In this level, gymnasts work on tumbling skills such as round-offs, bridge kickovers, and front limbers. Intermediate skills are developed on beam, vault, and bars. Students must advance or be assessed prior to registering for this level.

6-14 yrs			\$114/\$134
Tu	1/7-3/24	5:00-5:55pm	415007-01
W	1/8-3/25	5:00-5:55pm	415007-02
W	1/8-3/25	7:00-7:55pm	415007-03
Sa	1/11-3/28	10:40-11:35am	415007-04

Schedules for these classes are available at the ARC Center customer service desk, on-line at we-goparks.org or by calling or emailing Mary Lester, Recreation Supervisor at 630-231-9474 or mlester@we-goparks.org

Tumbling & Gymnastics General Information

Classes are held at Simkus Recreation Center, 849 Lies Road, Carol Stream

- If you are unsure of what level to register for, an assessment can be set up by calling (630) 784-6105 to schedule a time. The first week of classes, assessments will be done to make sure everyone is in the correct level. If you are being moved to another level, you will be notified by the coach.
- Only the registered child will be allowed to attend and participate.
- Make-up classes are only available when the Carol Stream Park District cancels class.
- Participants must register at the West Chicago Park District ARC Center.

No refunds will be issued after class registration is closed.

- Parent Watch Week is the last week of class. During parent/child classes and parent observation week, please make alternate arrangements for siblings. Siblings under the age of 6 may not attend evening class observation.

Gymnastics Level 3

In this level, gymnasts work on skills such as front walkovers, back walkovers, and round-off flip flop. Gymnastics equipment is rotated weekly. Students must advance or be assessed prior to

registering for this level.

6-14 yrs			\$156/\$176
W	1/8-3/25	7:00-8:25pm	415008-01
Sa	1/11-3/28	10:40am-12:05pm	415008-02

Gymnastics Level 4

After completing Level 3, USA Junior Olympic skills are taught on floor, balance beam, uneven bars, and vault. Gymnastics equipment is rotated weekly. Students must advance or be assessed prior to registering for these levels.

6-14 yrs			\$177/\$197
Tu	1/7-3/24	6:00-7:55pm	415009-01
Sa	1/11-3/28	11:40am-1:35pm	415009-02

Boys Gymnastics

Increase muscle tone, overall fitness and flexibility. We focus on tumbling and skills are taught on parallel bars, high bar, vault and rings.

7-13 yrs			\$114/\$134
Tu	1/7-3/24	6:00-6:55pm	415010-01

Superhero Training

Train to be the next member of the Avengers! This class combines basic skills of strength training, and gymnastics. Send your little hero in their favorite superhero shirt each week.

8 yrs & Up			\$102/\$122
W	1/8-3/25	6:00-6:45pm	415011-01
Sa	1/11-3/28	9:50-10:35am	415011-02



Tumbling Level 1

Learn tumbling skills and develop balance and strength. Gymnastics equipment is not used.

6-14 yrs			\$114/\$134
W	1/8-3/25	6:00-6:55pm	415012-01

Tumbling Level 2/3

Learn tumbling skills such as front walkovers, back walkovers and back handsprings. Student must be assessed prior to registering for the Intermediate level. Gymnastics equipment is not used.

6-14 yrs			\$114/\$134
W	1/8-3/25	7:00-7:55pm	415013-01

Tumbling Level 4

Learn tumbling skills such as front handsprings and round-off back handsprings. Student must be assessed prior to registering for the Advanced level. Gymnastics equipment is not used.

6-14 yrs			\$114/\$134
Tu	1/7-3/24	6:15-7:10pm	415014-01

Cheernastics

Non-competitive cheerleading and tumbling are offered in one class. Learn basic tumbling based on skill ability. Practice fundamentals including cheers, jumps, stunts and dance routines.

4-6 yrs			\$102/\$122
Sa	1/11-3/28	10:45-11:30am	415020-01

Cheernastics

Non-competitive cheerleading and tumbling are offered in one class. Learn basic tumbling based on skill ability. Practice fundamentals including cheers, jumps, stunts and dance routines

6-10 yrs			\$102/\$122
Sa	1/11-3/28	10:45-11:30am	415021-01

