

Clothing Requirement

Girls and boys should wear comfortable gym clothes – leotards or shirts and t-shirts. Please, no gum, jewelry, or tights.

All gymnastics classes are held at:

Gym Kinetics

19220 Ridge Road
Mokena, IL 60448

Gym Kinetics is one of the largest gymnastics facilities in the state, offering the latest equipment and experienced staff.

Baby Gym

This class is for walkers up to 2 years of age with parent. You and your child will experience many different gross motor activities in this class. Warm-up activities with music, climbing, crawling, hanging, swinging, and jumping are just a small sample of the activities your little one will experience.

Ages: Up to 2
Fee: \$89 R / \$111.25 NR / 10 sessions

308131-01 Day/Dates: Mon, Aug 23 - Oct 25
Time: 9:00 - 9:40 am

308131-03 Day/Dates: Tue, Aug 24 - Oct 26
Time: 9:00 - 9:40 am

308131-04 Day/Dates: Wed, Aug 25 - Oct 27
Time: 10:00 - 10:40 am

Mom and Mini

This program offers the parent and child the opportunity to experience a wide range of gross motor activities while being introduced to the sport of gymnastics. Each class will provide you with a new experience on the trampolines, balance beams, bars, and rings, along with many other gross motor activities that are implemented into the program in a fun and safe environment.

Ages: 2 - 3
Fee: \$107 R / \$133.75 NR / 10 sessions

308132-01 Day/Dates: Mon, Aug 23 - Oct 25
Time: 10:00 - 10:50 am

308132-02 Day/Dates: Tues, Aug 24 - Oct 26
Time: 11:00 - 11:50 am

308132-05 Day/Dates: Wed, Aug 25 - Oct 27
Time: 1:00 - 1:50 pm

308132-07 Day/Dates: Sat, Aug 28 - Oct 30
Time: 9:00 - 9:50 am

3 Year Olds

No parent required in this class. Your 3-year old will experience many different gross motor activities, along with introductory gymnastics skills, such as forward and backward rolls, cartwheels, trampoline activities, balance beams, rings, and much more.

Age: 3
Fee: \$107 R / \$133.75 NR / 10 sessions

308133-01 Day/Dates: Mon, Aug 23 - Oct 25
Time: 11:00 - 11:50 am

308133-02 Day/Dates: Wed, Aug 25 - Oct 27
Time: 11:00 - 11:50 am

308133-03 Day/Dates: Wed, Aug 25 - Oct 27
Time: 4:00 - 4:50 pm

308133-06 Day/Dates: Sat, Aug 28 - Oct 30
Time: 9:00 - 9:50 am

Mini (4 & 5 Year Olds)

This class will continue to work on gross motor coordination. Your little one will begin learning beginner stages of tumbling and experience all of the different gymnastic apparatus along with many different gross motor activities.

Ages: 4 - 5
Fee: \$107 R / \$133.75 NR / 10 sessions

308135-01 Day/Dates: Mon, Aug 23 - Oct 25
Time: 9:00 - 9:50 am

308135-04 Day/Dates: Mon, Aug 23 - Oct 25
Time: 5:00 - 5:50 pm

308135-05 Day/Dates: Mon, Aug 23 - Oct 25
Time: 6:00 - 6:50 pm

308135-07 Day/Dates: Tue, Aug 24 - Oct 26
Time: 10:00 - 10:50 am

308135-09 Day/Dates: Tue, Aug 24 - Oct 26
Time: 1:00 - 1:50 pm

308135-11 Day/Dates: Sat, Aug 28 - Oct 30
Time: 9:00 - 9:50 am

See our website at
www.fspd.org
for additional class times
and sessions.

Session 2: Oct 31 - Jan 15
Registration Begins Oct 1, 2010

Beginning Boys

This class is designed to introduce boys to the sport of gymnastics. Each student will learn fundamental skills on all six pieces of boys' apparatus – rings, parallel bars, high bar, pommel horse, vault, and tumbling.

Ages: 5 - 6
 Fee: \$114 R / \$142.50 NR / 10 sessions

308134-01 Day/Dates: Mon, Aug 23 - Oct 25
 Time: 4:00 - 5:00 pm

Ages: 7 - 11
 Fee: \$114 R / \$142.50 NR / 10 sessions

308135-01 Day/Dates: Thurs, Aug 26 - Oct 28
 Time: 5:00 - 6:00 pm

308135-02 Day/Dates: Sat, Aug 28 - Oct 30
 Time: 9:00 - 10:00 am

Beginning Girls

This program will introduce your daughter to the sport of gymnastics. Each student will learn basic tumbling skills along with introductory skills on the balance beam, uneven bars, and vault.

Ages: 5 - 6
 Fee: \$114 R / \$142.50 NR / 10 sessions

308137-01 Day/Dates: Mon, Aug 23 - Oct 25
 Time: 5:00 - 6:00 pm

308137-02 Day/Dates: Tues, Aug 24 - Oct 26
 Time: 5:00 - 6:00 pm

308137-03 Day/Dates: Sat, Aug 28 - Oct 30
 Time: 10:00 - 11:00 am

308137-04 Day/Dates: Sat, Aug 28 - Oct 30
 Time: 12:30 - 1:30 pm

Ages: 7 - 11
 Fee: \$114 R / \$142.50 NR / 10 sessions

308138-01 Day/Dates: Mon, Aug 23 - Oct 25
 Time: 4:00 - 5:00 pm

308138-02 Day/Dates: Mon, Aug 23 - Oct 25
 Time: 5:00 - 6:00 pm

308138-04 Day/Dates: Thurs, Aug 26 - Oct 28
 Time: 6:00 - 7:00 pm

308138-05 Day/Dates: Sat, Aug 28 - Oct 30
 Time: 11:00 am - 12:00 pm

Advanced Beginners – Girls

This program is for students with previous gymnastics experience. Requirements are as follows: back bends, kickovers, sound fundamental cartwheels, handstands, pullovers on bars, and back hip circles.

Ages: 6 & Up
 Fee: \$114 R / \$142.50 NR / 10 sessions

308139-01 Day/Dates: Mon, Aug 23 - Oct 25
 Time: 6:00 - 7:00 pm

308139-03 Day/Dates: Thurs, Aug 26 - Oct 28
 Time: 5:00 - 6:00 pm

Beginning Tumbling - Girls

This class has been designed with the cheerleader in mind. Girls 6 years and up will begin to learn cartwheels, round offs, back bends, and the beginner stages of flip-flops.

Ages: 6 & Up
 Fee: \$121 R / \$151.25 NR / 10 sessions

308142-01 Day/Dates: Mon, Aug 23 - Oct 25
 Time: 7:00 - 8:00 pm

308142-02 Day/Dates: Tues, Aug 24 - Oct 26
 Time: 5:00 - 6:00 pm

Intermediate Tumbling - Girls

This program is for the more serious cheerleader. This class will work on the more advanced tumbling skills necessary for cheerleading. Interested students must be able to perform a flip-flop without assistance.

Ages: 7 & Up
 Fee: \$121 R / \$151.25 NR / 10 sessions

308140-01 Day/Dates: Mon, Aug 23 - Oct 25
 Time: 7:00 - 8:00 pm

Advanced Tumbling - Girls

This program is for the more serious cheerleader. This class will work on the more advanced tumbling skills necessary for cheerleading. Interested students must be able to perform a round off flip-flop without assistance.

Ages: 7 & Up
 Fee: \$121 R / \$151.25 NR / 10 sessions

308143-01 Day/Dates: Mon, Aug 23 - Oct 25
 Time: 7:00 - 8:00 pm

308143-02 Day/Dates: Tues, Aug 24 - Oct 26
 Time: 7:00 - 8:00 pm