



# spring Gymnastics PROGRAMS

All classes are held at Gary Morava Recreation Center

## Adult & Tot Gymnastics

Toddlers can develop body awareness, balance, flexibility, and coordination while having fun doing gymnastics. Parents assist with skills in a safe and caring environment. This class will be instructed by SportsKids Inc.

**Age:** 2Y-3Y with Adult

**Times:** 5:30-6:00pm

Code	Dates	Days	R/NR
407004-01	04/01-04/22	M	\$17/\$20
407004-02	04/29-05/20	M	\$17/\$20

## Kidnastics

Boys and girls will learn the basics of gymnastics in a safe and well-equipped environment. Children can improve coordination and help develop self-confidence, strength, flexibility and balance. This class will be instructed by SportsKids Inc.

**Age:** 3Y-4Y

**Times:** 6:00-6:45pm

Code	Dates	Days	R/NR
407005-01	04/01-04/22	M	\$26/\$32
407005-02	04/29-05/20	M	\$26/\$32

## Junior Gymnastics

Age-appropriate maneuvers for bar, floor, low balance beam, and vault will be introduced. Boys and girls will learn basic movements for each event in a safe environment. This class will be instructed by SportsKids Inc.

**Age:** 5Y-6Y

**Times:** 6:45-7:30pm

Code	Dates	Days	R/NR
407006-01	04/01-04/22	M	\$26/\$32
407006-02	04/29-05/20	M	\$26/\$32

## Beginning Tumbling

Start out learning the proper way to perform rolls, handstands, and cartwheels. This class is a great introduction to tumbling, and it opens the door to gymnastics possibilities. Participants in the class will be placed into a 7-8 year old group or 9-11 year old group, depending on age. This class will be instructed by SportsKids Inc.

**Age:** 7Y-11Y

**Times:** 7:30-8:15pm

Code	Dates	Days	R/NR
407007-02	04/01-04/22	M	\$26/\$32
407007-03	04/29-05/20	M	\$26/\$32



**Prospect Heights Park District**  
 110 West Camp McDonald Road, Prospect Heights, IL 60070  
 847.394.2848 • www.phparks.org



  
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