

Aerial Gym Stars for Preschoolers

Gymnastics is a wonderful and fun way for young children to experience many varieties of physical activities. Your little star will learn gymnastics positions, skills and movements that will develop coordination, strength, balance and self-confidence. The staff of Gym Stars uses safe, progressive and positive teaching techniques appropriate for each age group. Attire: Instructors suggest shorts and T-shirts without snaps, buttons or zippers for your safety. For more information regarding these classes, please call Tony or Carole Whitaker at (630) 458-9211.

Parent and Star

Ages 18 – 35 months and a parent

This class will allow your little star to explore different avenues of physical movement through basic tumbling and activities on a variety of equipment. Come enjoy the interaction created for you and your child in this class. This is a parent-assisted program. Active wear is recommended. No class 5/27, 5/29 or 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1112-0	M	4/19 – 6/7	5:30 – 6 p.m.	\$71/\$74
1112-1	Th	4/22 – 6/10	9 – 9:30 a.m.	\$71/\$74
1112-2	Sa	4/24 – 6/12	9 – 9:30 a.m.	\$71/\$74

Instructor: Aerial Gym Stars

Site: SKRC Min/Max: 8/20 PM: DD

Rising Stars

Ages 3 – 4

Your star will learn basic tumbling, bars, beam, vaulting skills and movements associated with gymnastics at an appropriate level for their age. This fun and active class develops coordination, self-confidence, listening, strength, balance and body awareness. Please note that children need to participate without parent assistance. No class 5/27, 5/29 or 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1113-0	M	4/19 – 6/7	6:05 – 6:35 p.m.	\$71/\$74
1113-1	Th	4/22 – 6/10	9:35 – 10:05 a.m.	\$71/\$74
1113-2	Sa	4/24 – 6/12	9:35 – 10:05 a.m.	\$71/\$74

Instructor: Aerial Gym Stars

Site: SKRC Min/Max: 8/21 PM: DD

Shooting Stars

Ages 4 – 6

Shooting Stars helps the first time student and the returning stars improve the basic skills while making the next step in their development of basic gymnastics. No class 5/27, 5/29 or 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1114-0	M	4/19 – 6/7	6:40 – 7:10 p.m.	\$72/\$75
1114-1	Th	4/22 – 6/10	10:10 – 10:40 a.m.	\$72/\$75
1114-2	Sa	4/24 – 6/12	10:10 – 10:40 a.m.	\$72/\$75

Instructor: Aerial Gym Stars

Site: SKRC Min/Max: 8/21 PM: DD

Super Stars

Ages 4 – 6

This class makes the connection from the preschool environment to the developmental class style. Skills continue to grow with bigger challenges and positive encouragement. Instructor approval required. No class 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1115-0	M	4/19 – 6/7	7:15 – 7:55 p.m.	\$72/\$75

Instructor: Aerial Gym Stars

Site: SKRC Min/Max: 8/15 PM: DD



Lombard Leapers

The Lombard Leapers is a dynamic gymnastics team (ages 5 – 13) that competes in tumbling meets against other area park districts! The Leapers also perform at community events, including the Taste of Lombard and the Lilac Arts & Crafts Fair. The meets are from November-February, while community performances are in the spring & summer. New participants can join at the beginning of any session. Fee is paid during the start of each session. Leapers open gym is available for all gymnastics enthusiasts on Fridays from 4:30 – 5:30 p.m. at SKRC for \$2. Fees cover practice hours only. No practice 5/31. (8 weeks/session)

Come join us for Leapers open gym on Fridays from 4:30 – 5:30 p.m. at SKRC for \$2 Open to all children 5 – 13 years.

Session I: April 19 – June 7 (8 weeks): Register by: April 12

Code	Team	Hrs./week	Days	Time	R/NR Fee
1190-1	Jr Varsity	2	M or W (8 wks.)	5 – 7 p.m.	\$83/\$86
1190-0	Varsity	4	M & W (8 wks.)	5 – 7 p.m.	\$138/\$141

Site: GEHS Entrance 19 PM: DD

Lil' Leapers

Ages 30 months – 4 years

This introductory class will allow your lil' gymnastics enthusiast to try out different apparatuses and learn some basic skills and movements of gymnastics. Basic tumbling skills, springboard jumps, low beam movements, and training bar skills will be covered. No experience necessary! No class 4/2 and 5/28. (7 weeks)

Code	Day	Date	Time	R/NR Fee	Reg. Deadline
4193-1	F	3/5 – 4/23	5:35 – 6:05 p.m.	\$40/\$45	
1193-0	F	4/30 – 6/18	5:35 – 6:05 p.m.	\$40/\$45	4/24

Instructors: LPD Gymnastics Staff

Site: SKRC Min/Max: 5/10 per session PM: DD

Gymnastics

Aerial Gym Stars Developmental Classes

All Gym Stars classes help children raise their self-confidence by improving their physical, mental and emotional abilities. Children will be taught in a progressive, safe and positive environment by professional coaches following the USA Gymnastics safety guidelines and trained in proper skill progressions. Instructors reserve the right to place students in the appropriate class for their best training. Recommended attire: Shorts and T-shirts without buttons, snaps or zippers. No dangling earrings allowed. These classes cooperate with other park districts, so the earlier you register the better your chances of receiving your preferred class. Aerial Gym Stars will try to accommodate those placed on a waiting list. For more information regarding the developmental classes, please call Tony or Carole Whitaker at (630) 458-9211. Note: Developmental programs are held at the Addison Park District's Community Center, 120 E. Oak Street in Addison. For best results, please register at least 1 week before the first class begins.

Girls Pre-Beginning Gymnastics

Ages 5 and 6

This class is specifically designed to help younger gymnasts learn the first level of gymnastics skills on all events. No experience necessary. No class 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1107-0	M	4/19 - 6/7	4:15 - 5:05 p.m.	\$84/\$102
1107-1	M	4/19 - 6/7	6:45 - 7:35 p.m.	\$84/\$102
1107-2	T	4/20 - 6/1	4:15 - 5:05 p.m.	\$84/\$102
1107-3	T	4/20 - 6/1	6:25 - 7:15 p.m.	\$84/\$102
1107-4	W	4/21 - 6/2	6:30 - 7:20 p.m.	\$84/\$102
1107-5	Th	4/22 - 6/3	4:15 - 5:05 p.m.	\$84/\$102
1107-6	Th	4/22 - 6/3	5:15 - 6:05 p.m.	\$84/\$102

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD

Girls Beginning Gymnastics

Ages 6 and up

This class will introduce and develop all basic skills of floor exercise, uneven bars, balance beam and vault in a fun, safe and progressive format. No experience necessary. No class 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1110-0	M	4/19 - 6/7	4:15 - 5:15 p.m.	\$87/\$105
1110-1	M	4/19 - 6/7	6:45 - 7:45 p.m.	\$87/\$105
1110-2	T	4/20 - 6/1	4:30 - 5:30 p.m.	\$87/\$105
1110-3	T	4/20 - 6/1	5:15 - 6:15 p.m.	\$87/\$105
1110-4	T	4/20 - 6/1	6:30 - 7:30 p.m.	\$87/\$105
1110-5	W	4/21 - 6/2	4:15 - 5:15 p.m.	\$87/\$105
1110-6	W	4/21 - 6/2	5:15 - 6:15 p.m.	\$87/\$105
1110-7	Th	4/22 - 6/3	4:15 - 5:15 p.m.	\$87/\$105
1110-8	Th	4/22 - 6/3	5:45 - 6:45 p.m.	\$87/\$105

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD



Girls Intermediate Gymnastics

Ages 6 and up

This class will continue the progressions of skills on all four events. A strong development of basic skills is necessary for this class. Instructor approval required. No class 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1111-0	M	4/19 - 6/7	4:15 - 5:30 p.m.	\$99/\$123
1111-1	M	4/19 - 6/7	6:45 - 8 p.m.	\$99/\$123
1111-2	T	4/20 - 6/1	5 - 6:15 p.m.	\$99/\$123
1111-3	T	4/20 - 6/1	6:30 - 7:45 p.m.	\$99/\$123
1111-4	W	4/21 - 6/2	5 - 6:15 p.m.	\$99/\$123
1111-5	Th	4/22 - 6/3	4:15 - 5:30 p.m.	\$99/\$123
1111-6	Th	4/22 - 6/3	7 - 8:15 p.m.	\$99/\$123

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD

Girls Advanced Gymnastics

Ages 6 and up

This class will enter a skill level that includes flipping skills on all events. Gymnast will be challenged to a higher level of strength and concentration. Instructor approval required. No class 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1158-0	M	4/19 - 6/7	6:45 - 8:15 p.m.	\$105/\$129
1158-1	T	4/20 - 6/1	5:45 - 7:15 p.m.	\$105/\$129
1158-2	Th	4/22 - 6/3	5:30 - 7 p.m.	\$105/\$129

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD

Girls Teen Gymnastics

Ages 12 and up

First time gymnasts and experienced gymnasts will have a great experience and learn skills useful in high school gymnastics. All levels welcome! No experience necessary. No class 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1182-0	M	4/19 - 6/7	7:45 - 9 p.m.	\$99/\$123
1182-1	Th	4/22 - 6/3	7:15 - 8:30 p.m.	\$99/\$123

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/5 PM: DD

Cheerleading Tumbling

Ages 6 and up

If cheerleading is your current or future desire, then this class will help you! This class is especially designed to move towards flip-flops and other tumbling skills that are specific to cheerleading. Every student will get the chance to learn quickly with a low teaching ratio and excellent spotters. No experience necessary. No class 5/31. (7 weeks)

Code	Age	Day	Date	Time	R/NR Fee
1116-0	6 - 9	W	4/21 - 6/2	6:30 - 7:15 p.m.	\$91/\$109
1117-0	10 and up	M	4/19 - 6/7	8 - 8:45 p.m.	\$91/\$109
1117-1	10 and up	T	4/20 - 6/1	7:30 - 8:15 p.m.	\$91/\$109
1117-2	10 and up	W	4/21 - 6/2	7:30 - 8:15 p.m.	\$91/\$109
1117-3	10 and up	Th	4/22 - 6/3	4:30 - 5:15 p.m.	\$91/\$109

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD

Boys & Girls Tumbling

Ages 5 - 12

This class will teach your child the basics of front rolls, back rolls, cartwheels and handstands. Round-offs, backbends, front handsprings and flip flops will be taught as your child progresses. No experience necessary. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1118-0	T	4/20 - 6/1	5:30 - 6:15 p.m.	\$88/\$106
1118-1	W	4/21 - 6/2	5:30 - 6:15 p.m.	\$88/\$106
1118-2	Th	4/22 - 6/3	7:15 - 8 p.m.	\$88/\$106

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD

Boys Pre-Beginning Gymnastics

Ages 5 and 6

This class is specifically designed to help younger gymnasts learn the first level of gymnastics skills on all events. No experience necessary. No class 5/31. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1108-0	M	4/19 - 6/7	4:30 - 5:20 p.m.	\$84/\$102
1108-1	T	4/20 - 6/1	5:30 - 6:20 p.m.	\$84/\$102
1108-2	W	4/21 - 6/2	5:30 - 6:20 p.m.	\$84/\$102

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD

Boys Beginning Gymnastics

Ages 6 and up

This class will introduce and develop all basic skills of floor exercise, parallel bars, high bar, pommel horse, rings and vault in a fun, safe and progressive format. No experience necessary. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1109-0	T	4/20 - 6/1	4:15 - 5:15 p.m.	\$87/\$105
1109-1	W	4/21 - 6/2	4:15 - 5:15 p.m.	\$87/\$105
1109-2	W	4/21 - 6/2	6:30 - 7:30 p.m.	\$87/\$105
1109-3	Th	4/22 - 6/3	4:15 - 5:15 p.m.	\$87/\$105
1109-4	Th	4/22 - 6/3	6:15 - 7:15 p.m.	\$87/\$105

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD

Boys Intermediate Gymnastics

Ages 6 and up

This class will continue the progressions of skills on all six events. A strong development of basic skills is necessary for this class. Instructor approval required. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1163-0	T	4/20 - 6/1	6:30 - 7:45 p.m.	\$99/\$123
1163-1	Th	4/22 - 6/3	5:30 - 6:45 p.m.	\$99/\$123

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD

Boys Advanced Gymnastics

Ages 6 and up

This class will continue the progressions of skills on all six events. A strong development of basic and intermediate skills is necessary for this class. Instructor approval required. (7 weeks)

Code	Day	Date	Time	R/NR Fee
1163-2	Th	4/22 - 6/3	7 - 8:30 p.m.	\$105/\$129

Instructor: Aerial Gym Stars

Site: Addison Community Center, 120 E. Oak St.

Min/Max: 1/2 PM: DD

Summer Gymnastics Camp

Ages 6 - 12

Coming in August, your child can spend an entire week learning and perfecting their gymnastics skills. This camp will meet each morning for 2.5 hours. Full details coming in the Summer Activity Guide.

Instructor: Aerial Gym Stars

Site: TBD Min/Max 8/20 PM: DD