



## Upcoming 2013 Session Summer Gymnastics classes



**Classes fill up fast! Register Soon!!**

Class min #: 6      Class max #: 12

**Register on-line at: [www.mortongroveparks.com](http://www.mortongroveparks.com)**

Classes are available at Prairie View Community Center (PVCC), Maine East High School (MEHS) and Niles West High School (NW) which has equipment for all Olympic gymnastics events and a training foam pit! Participants should wear comfortable clothing (t-shirt and shorts). **NO Jeans.**

**NO classes on: July 1-7 @ PVCC & NW**

**Coordinator:** Cindy Morano & Staff  
**Min/Max:** 6/12 (most classes)

e-mail Cindy with any questions at [cmorano@mortongroveparks.com](mailto:cmorano@mortongroveparks.com)

**Through cooperative agreements with Niles and Maine Township High Schools, the Morton Grove Park District is able to provide gymnastic programs at High School Facilities.**

**Note:** Resident fees apply to District 219 participants (Morton Grove, Lincolnwood, Skokie, Niles) at PVCC and Niles West Location and District 207 participants (Des Plaines, Park Ridge and Niles) at the PVCC and Maine East Location. If you reside in a city outside of Morton Grove, to receive the resident rate while registering on-line please enter "MGPS" when a school code is requested.

**\*\*For 2013 summer only, District 207 participants will receive the resident rate at all locations as we do not have classes at Maine East High School.** No refunds will be issued after the second week of class. \*Some exceptions may apply.

### **Parent & Me: 18 Mos - 3 Yrs**

In Parent-Tot classes, adult and child share in a special time together while the child participates in tumbling, obstacle courses, balance beam, and bars. Theme weeks, music, ribbons, balls and other fun equipment are used in class to make these classes a fun and developmental experience. Children are encouraged to explore their abilities, use their imaginative skills, enhance listening capabilities, socialize in a group, and to develop gross motor skills.

### **Tumbling Tots: 4-5 Yrs**

Children are given the opportunity to succeed, use their imaginative skills, enhance listening capabilities, develop self-esteem and confidence through tumbling, movement exploration, balancing, and the development of gross motor skills. Obstacle courses, theme weeks, ribbons, balls, balance beam, bars, and vaulting are part of this fun experience.

### **NEW! Advanced Tumbling Tots: 4-5 Yrs**

Children will develop gross motor skills through tumbling, movement, exploration and balancing. This class is for participants who are not old enough to be in the recreation classes but have passed the tumble tot program. These classes are grouped by skill levels. **Classes are by invitation only and instructor recommendation.**

### **Tumble Class: 6-18 Yrs**

In this program, children are challenged to achieve maximum success while developing tumbling skills which demonstrate speed, strength and a series of acrobatic maneuvers that include somersaults, flips and twists. This program is recommended for those who want to tumble - no apparatus. Tumble skills are used in cheerleading and this program will help develop those skills.

### **Tumble Team: 6-18 Yrs**

This program is designed for the tumble gymnast who is interested in participating in competition system. The classes are grouped by skill level following developmental progressions recommended by USA Gymnastics. Participants may choose to compete in sanctioned competition. **Classes are invitational only and recommended by instructor.**

### **Recreation Girls & Boys:**

This entry level program challenges gymnasts by developing skills, building strength and increasing flexibility. Girls artistic gymnastics is comprised of four Olympic events; vault, bars, balance beam and floor exercise. Boys artistic gymnastics is comprised of six Olympic events; vault, high bar, parallel bars, pommel horse, rings, and floor exercise. **Gymnasts are grouped by age categories.**

### **Boys & Girls Level 1 and Above:**

These classes are grouped by *skill levels*. Gymnast will advance through different developmental progressive class levels recommended by USA Gymnastics. Boys and girls levels include 1-10. **Classes are by invitation only and instructor recommendation.**

### **Competitive Team: 6-18 Yrs**

This program is designed to challenge and train gymnasts for participation in the gymnastics competitive system. These classes are grouped by skill levels following developmental progressions recommended by USA Gymnastics. Children in advanced levels (4+) may choose to compete in USA Gymnastics sanctioned events. **Classes are invitational only and recommended by instructor.**

### **NEW! Camp: 6-18 Yrs**

This camp is for boys and girls who want to develop or refine their gymnastics skills. Gymnasts will be grouped according to their skill level. Camp participants will receive a camp T-shirt.

### **Open Gym Pass**

By purchasing a 5 visit pass you can work out during these open gym times. Passes are \$30 if you are enrolled in the current session and \$60 if you are not currently enrolled. Passes are valid at Niles West High School. **No replacements for lost or misplaced passes.**

If you have any questions or would like more information on the **Competitive Team, Birthday parties or open gym times** please visit [www.mortongroveparks.com](http://www.mortongroveparks.com) or contact Kevin Slobodecki or Cindy Morano at 847-965-1200.

<u>Class Level</u>	<u>Class #</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee R / NR</u>	<u>Location</u>	<u># of Weeks</u>
<b>Parent &amp; Me</b> 18 months to 3 years old	3102-6	Sa	9:00-9:45am	6-8 to 7-27	\$49 / \$60	PVCC	7
	3012-7	Sa	9:45-10:30am	6-8 to 7-27	\$49 / \$60	PVCC	7
	3102-8	Sun	8:45-9:30am	6-2 to 7-21	\$49 / \$60	NW	7
<b>Tumbling Tots</b> 4-5 years old	3202-5	M	4-4:45pm	6-3 to 7-22	\$49 / \$60	NW	7
	3202-7	Sa	10:30-11:15am	6-8 to 7-27	\$49 / \$60	PVCC	7
	3202-8	Sa	11:15-Noon	6-8 to 7-27	\$49 / \$60	PVCC	7
	3202-9	Sun	9:30-10:15am	6-2 to 7-21	\$49 / \$60	PVCC	7
	3203-0	Sun	9:30-10:15am	6-2 to 7-21	\$49 / \$60	NW	7
<b>Advanced Tumble Tots</b> 4-5 years old	3012-4	*M	4-5pm	6-3 to 7-22	\$62 / \$76	NW	7
	3012-5	*Tu	6-7pm	6-4 to 7-23	\$62 / \$76	NW	7
	3012-6	*W	6-7pm	6-5 to 7-24	\$62 / \$76	NW	7
<b>Tumbling Classes</b> 6-18 years old	3203-1	Sun	11:15am-12:15pm	6-2 to 7-21	\$62 / \$176	NW	7
<b>Girls Rec. &amp; Level 1</b> 6-18 years old	3012-7	M	4-5pm	6-3 to 7-22	\$62 / \$176	NW	7
	3012-8	M	5-6pm	6-3 to 7-22	\$62 / \$176	NW	7
	3012-9	Tue	6-7pm	6-4 to 7-23	\$62 / \$176	NW	7
	3013-0	Tue	7-8pm	6-4 to 7-23	\$62 / \$176	NW	7
	3013-1	W	6-7pm	6-5 to 7-24	\$62 / \$176	NW	7
	3013-2	W	7-8pm	6-5 to 7-24	\$62 / \$176	NW	7
	3013-4	Sa	1:30-2:30pm	6-8 to 7-20	\$62 / \$176	NW	7
	3013-5	Su	11:15-12:15pm	6-2 to 7-21	\$62 / \$176	NW	7
<b>Girls Level 2 &amp; Above</b>	3013-6	*Tu	7-8:30pm	6-4 to 7-23	\$93 / \$114	NW	7
	3013-7	*W	7-8:30pm	6-5 to 7-24	\$93 / \$114	NW	7
	3013-8	*Sun	9:45-11:15am	6-2 to 7-21	\$93 / \$114	NW	7
<b>Girls Team Level 3+</b>	3082-4	^Tu&W	6:45-8:45pm	6-4 to 7-24	\$186 / \$226	NW	7
<b>Boys Rec. &amp; Level 1</b>	3014-0	M	5-6pm	6-3 to 7-22	\$62 / \$76	NW	7
	3014-1	Tue	6-7pm	6-4 to 7-23	\$62 / \$76	NW	7
	3014-2	W	6-7pm	6-5 to 7-24	\$62 / \$76	NW	7
	3014-3	Sa	1:30-2:30pm	6-8 to 7-20	\$62 / \$76	NW	7
<b>Boys Level 2 &amp; Above</b>	3014-5	*Tu	7-8:30pm	6-4 to 7-23	\$93 / \$114	NW	7
	3014-6	*W	7-8:30pm	6-5 to 7-24	\$93 / \$114	NW	7
<b>Boys Team Level 4 &amp; Above</b>	3082-5	^Tu&W	6:45-8:45pm	6-4 to 7-24	\$186 / \$216	NW	7
<b>Open Gym Pass</b> 6yrs +	3052-6	Sa	2:30-4pm	6-8 to 7-20	\$30 / \$60	NW	7
	3082-7	Sun	12:30-2pm	6-2 to 7-21	\$30 / \$60	NW	7
<b>Summer Camps</b> Recreation and Above	3014-7	M-F	9am-Noon	6-10 to 6-21	\$160 / \$195	NW	2
	3014-8	M-F	9am-Noon	6-24 to 6-28	\$80 / \$98	NW	1
	3014-9	M-F	9am-Noon	7-8 to 7-19	\$160 / \$195	NW	2
	3015-0	M-F	9am-Noon	7-22 to 7-26	\$80 / \$98	NW	1

Locations: Prairie View Community Center (PVCC)  
6834 Dempster, Morton Grove

Niles West High School (NW)  
5701 Oakton, Skokie

\*class is invitational only, recommended by instructor

^ class is for children on the competitive team