

GYMNASTICS & CHEERLEADING

The Village of South Holland Parks & Recreation Department Gymnastics Program is under the direction of **Tumblebear Gymnastics, Inc.** The curriculum, developed by physical educators, is age appropriate and provides quality instruction. Instructors are trained through Tumblebear Gymnastics, Inc. and work under their supervision.

***** Students are to wear comfortable clothing and gym shoes (no jeans) *****

PEE-WEE GYMNASTICS

AGES: 3 years to 5 years
WHERE: Community Center
DAYS: Mondays (7 week sessions)
WHEN: *Session 1:*
 September 15 to October 27, 2008
Session 2:
 November 3 to December 15, 2008
TIMES: *Group 1:* 3:15PM to 3:50PM
Group 2: 4:30PM to 5:15PM
MIN/MAX: 6/14

FEES (per group per session):

	Until Sept 7	After
SH Resident	\$56	\$66
Non Resident	\$61	\$71



JUNIOR GYMNASTICS

AGES: 6 years to 12 years
WHERE: Community Center
DAYS: Mondays (7 week sessions)
WHEN: *Session 1:*
 September 15 to October 27, 2008
Session 2:
 November 3 to December 15, 2008
TIMES: *Group 1:* 5:15PM to 6:00PM
Group 2: 6:45PM to 7:30PM
MIN/MAX: 6/14

FEES (per group per session):

	Until Sept 7	After
SH Resident	\$56	\$66
Non Resident	\$61	\$71

BE A STAR GYMNAST THIS FALL!

Within this program, students will experience all gymnastic events: Balance Beam, Bar, Vault, Air Trak and Tumbling. Upon completion of this list, students will be awarded with a specially designed patch to honor their successes. The skill list will be sent home to their parents so they will know what has been covered during that time period. As each sheet is completed, a new skill sheet will be introduced. As each list is completed, a STAR PATCH will be presented to the student.

PEE-WEE CHEERLEADING

AGES: 3 years to 5 years
WHERE: Community Center
DAYS: Mondays (7 week sessions)
WHEN: *Session 1:*
 September 15 to October 27, 2008
Session 2:
 November 3 to December 15, 2008
TIME: 3:55PM to 4:30PM
MIN/MAX: 6/14
FEES (per session):

	Until Sept 7	After
SH Resident	\$56	\$66
Non Resident	\$61	\$71



JUNIOR CHEERLEADING

AGES: 6 years to 12 years
WHERE: Community Center
DAYS: Mondays (7 week sessions)
WHEN: *Session 1:*
 September 15 to October 27, 2008
Session 2:
 November 3 to December 15, 2008
TIME: 6:00PM to 6:45PM
MIN/MAX: 6/14
FEES (per session):

	Until Sept 7	After
SH Resident	\$56	\$66
Non Resident	\$61	\$71

This program teaches the skills needed to be a successful cheerleader. Class instruction will include: Cheers, Chants, Stunts, Motions and Jumps. Within this class, students will work on the tumbling skills needed for cheerleading - Cartwheels, Handstands, Round-Offs and Splits are just a few of the skills to be covered.