

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 13 to November 1
Session 2: November 8 to December 20
TIMES: **A:** 3:20PM to 3:55PM
B: 4:40PM to 5:15PM
MIN/MAX: 6/12



FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
SH Resident	\$53	\$63	\$53	\$63
Non Resident	\$58	\$68	\$58	\$68

"ABC's OF GYMNASTICS"

This class is a full gymnastics program where learning comes natural in a fun, positive, and safe environment. We've learned that teaching skills in a non-competitive environment is the most effective way to build the physical, social, emotional, and intellectual skills children need. Our theme is the 2010/2011 school year is "ABC's of Gymnastics" Each week the children will experience the world of gymnastics through letters and positive words. A coordinating coloring sheet will be sent home.

JUNIOR CHEERLEADING

AGES: 6 years to 12 years
WHERE: Community Center
DAYS: Mondays (7 week sessions)
WHEN: **Session 1:** September 13 to November 1
Session 2: November 8 to December 20
TIME: 6:00PM to 6:45PM
MIN/MAX: 6/14

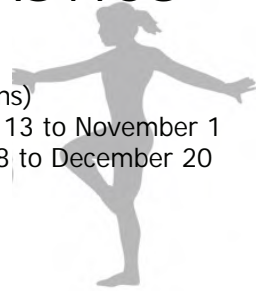


FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
SH Resident	\$53	\$63	\$53	\$63
Non Resident	\$58	\$68	\$58	\$68

This program teaches the skills needed to be a successful cheerleader. The student will learn: Motions, Cheers, Chants, Jumps, Basic Stunts, and basic tumbling skills needed for cheerleading. Students are to wear comfortable clothing and gym shoes.

JUNIOR GYMNASTICS

AGES: 6 years to 12 years
WHERE: Community Center
DAYS: Mondays (7 week sessions)
WHEN: **Session 1:** September 13 to November 1
Session 2: November 8 to December 20
TIMES: **A:** 3:55PM to 4:40PM
B: 5:15PM to 6:00PM
C: 6:45PM to 7:30PM
MIN/MAX: 6/14



FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
SH Resident	\$53	\$63	\$53	\$63
Non Resident	\$58	\$68	\$58	\$68

These classes help your child develop fitness and character through the sport of gymnastics. By enrolling your child in gymnastics classes, you will be helping them to improve their strength, flexibility, speed, balance, power, coordination, discipline, and their cognitive and motor skills. While at the same time giving them the opportunity to meet and make new friends and have fun exercising. Each child is progressed at their own pace. As the children learn specific skills, they will be awarded a ribbon for their successes.

SANTA CALLS

AGES: South Holland Children **ONLY**
 3-8 years old
WHEN: December 8, 2010
TIMES: 6:30 PM to 7:30 PM
FEE: FREE



Santa will make calls from the North Pole to the "Good" children of South Holland. Calls are free. **PRE-REGISTRATION IS REQUIRED BY DECEMBER 7th.**

Forms will be available in the South Holland Shopper, South Holland Today, or at the Community Center after November 1st.