

# Gymnastics...anything but routine!

## Sessions

### Summer 1

3-Week Program  
June 14 – July 2

### Summer 2

4-Week Program  
July 19 – August 14

### Gold Gymnastics Camp

July 6-9

## Gymnastics at a Glance

### Parent & Child Movement Ed

|                            |              |
|----------------------------|--------------|
| Yogi Boo Boo (co-ed)       | 12-27 months |
| Parent Bearnastics (co-ed) | 28-35 months |

### Intro to Gymnastics

The age-appropriate tumbling skills that are introduced at these levels include forward and backward rolls, forward and backward straddle rolls, bridges, handstands and cartwheels. Children are introduced to basic skills on vault, bars, beam and floor. Skill circuits are introduced on all equipment.

|                            |                                 |
|----------------------------|---------------------------------|
| Beanie/Teddy Bears (co-ed) | 3 years old                     |
| Koala Bears (co-ed)        | Pre-kindergarten                |
| Koala/Kodiak Bear (co-ed)  | Pre-kindergarten & Kindergarten |
| Kodiak Bears (girls)       | Kindergarten                    |
| Beginner 1 (girls)         | 1st thru 8th grade              |

### Advanced Level Gymnastics

Registration for consent classes will be taken at the front office only. With the basic skills learned in the intro classes, more difficult skills are introduced in the advanced levels, including handstands to handstand rolls, one-hand cartwheels to round-offs, back bends to back walkovers, front limbers and cartwheels on low beam. Advanced classes focus on technique, strength, flexibility and advancement of skills in tumbling and on gymnastics equipment. Skill circuits on all events are completed | each level.

|                        |                    |
|------------------------|--------------------|
| *Beginners 2 (girls)   | 1st thru 8th grade |
| *Beginners 2/3 (girls) | 1st thru 8th grade |

### Competitive Travel Teams

Instructor's Consent Required

The Beamer Teams are entering their 41st year of competing in the Illinois Park District Gymnastics Conference (IPDGC). Competing teams include Tumbling Team, Training Team, Prep Optional Team and Optional Team. Competitive teams require a year-round commitment. For more information please contact Miss Dawn at [bgc.missdawn@gmail.com](mailto:bgc.missdawn@gmail.com) or Miss Jo at [jo@bloomingdaleparks.org](mailto:jo@bloomingdaleparks.org) or call (630) 529-3650.

**Please Note:** With your child's best interest in mind, parents are asked not to attend their child's class unless invited by the instructor. We have found the quality of instruction has often been affected by parent and/or sibling distractions, interruptions and various other concerns. It is of equal importance that children have quality leisure time with their peers. Our instructors welcome the opportunity to discuss concerns with parents before or after class, time permitting. Thank you for your cooperation.

## General Information

- A face mask is required for participants 2 years and older.
- Participants should bring their own water; no water fountains will be available.
- Participants are encouraged to bring a small personal hand sanitizer to class. Gymnasts are required to use hand sanitizer on both hands and feet before entering the Gymnastics Center.
- Only staff and gymnasts are permitted in the gym during class time.
- Gymnasts MUST be appropriate age by the first day of the class.
- Gymnastics coaches reserve the right to place gymnasts into the class best-suited to their abilities. If the coach feels your child has been placed in the wrong class, he or she will notify you of the necessary change.
- No shoes, food and/or drink are allowed in the gym.
- Classes that require consent means that the gymnast has been approved by their instructor to move up to the next level.
- If your gymnast missed one or more sessions, they must be tested in order to re-enter the same level class.
- Please register ahead of time to avoid cancellations!



## Yogi & Boo Boo Bear

Enjoy one-on-one time with your child in a setting that includes climbing, crawling, jumping, balls, parachutes and moving to music. Parental interaction helps your child develop both motor and social skills. Please wear comfortable clothes; no snaps, jeans or overalls.

**Location:** Gymnastic Center **Early Childhood (jp)**  
**Instructor:** Gymnastics Staff **MIN/MAX: 3/5**

| Age      | Day | Time       | Date         | R/NR Fee  | Code #    |
|----------|-----|------------|--------------|-----------|-----------|
| 12-27mos | Mon | 9:15-9:50A | Jun 14-28    | \$30/\$45 | 401204-A1 |
| 12-27mos | Mon | 9:15-9:50A | Jul 19-Aug 9 | \$40/\$60 | 401204-B1 |

## Parent Bearnastics

Experience the sport of gymnastics with your tot while also creating lasting memories. This program teaches parents how to spot the basics in gymnastics, as children develop gross motor skills, coordination and body awareness. Class attire: sweats, warm-up suit, shorts/shirts or leotard/shorts.

**Location:** Gymnastic Center **Early Childhood (jp)**  
**Instructor:** Gymnastics Staff **MIN/MAX: 3/5**

| Age      | Day | Time         | Date         | R/NR Fee  | Code #    |
|----------|-----|--------------|--------------|-----------|-----------|
| 28-35mos | Mon | 10:15-10:45A | Jun 14-28    | \$28/\$42 | 401206-A1 |
| 28-35mos | Mon | 10:15-10:45A | Jul 19-Aug 9 | \$38/\$57 | 401206-B1 |

## Beanies & Teddy Bears

**Co-ed**

This introduction to gymnastics class focuses on self-confidence, body awareness/gross motor skills, basic tumbling, and introduction to gymnastics equipment. You will be notified if the gymnastics instructor feels your child has been placed in the incorrect class. Our goal is to provide a fun and safe environment where your child can excel and build self-confidence.

**Location:** Gymnastic Center **Gymnastics (jp)**  
**Instructor:** Gymnastics Staff **MIN/MAX: 3/5**

| Age | Day | Time         | Date          | R/NR Fee  | Code #    |
|-----|-----|--------------|---------------|-----------|-----------|
| 3   | Mon | 11:15-11:50A | Jun 14-28     | \$28/\$42 | 407102-A1 |
| 3   | Sat | 9-9:35A      | Jun 19-Jul 3  | \$28/\$42 | 407102-A2 |
| 3   | Mon | 11:15-11:50A | Jul 19-Aug 9  | \$38/\$57 | 407102-B1 |
| 3   | Sat | 9-9:35A      | Jul 24-Aug 14 | \$38/\$57 | 407102-B2 |



Programs and events are subject to change in accordance with current COVID-19 restrictions and mandates. Please check [bloomingdaleparks.org](http://bloomingdaleparks.org) or call the JRC Front Desk at 630-529-3650 for current program and event information. When participating in a program/class, a mask is required for participants 2 years and older. Participants should bring their own water; no water fountains will be available. Participants are encouraged to bring a small personal hand sanitizer to class. Six feet social distancing is required.

## Koala Bears

**Co-ed**

Intro classes are the first levels without parent participation. Focus is on gross motor skills, confidence and independence. Age-appropriate tumbling skills that are introduced include straddle rolls, front & back rolls, donkey kicks, and cartwheels. Children are also introduced to basic skills on vault, bars, beam and floor. Skill circuits are introduced on all equipment.

**Location:** Gymnastic Center **Gymnastics (jp)**  
**Instructor:** Gymnastics Staff **MIN/MAX: 3/5**

| Age   | Day | Time      | Date          | R/NR Fee  | Code #    |
|-------|-----|-----------|---------------|-----------|-----------|
| Pre K | Tue | 11-11:45A | Jun 15-29     | \$32/\$48 | 407104-A1 |
| Pre K | Thu | 9:15-10A  | Jun 17-Jul 1  | \$32/\$48 | 407104-A2 |
| Pre K | Tue | 11-11:45A | Jul 20-Aug 10 | \$42/\$62 | 407104-B1 |
| Pre K | Thu | 9:15-10A  | Jul 22-Aug 12 | \$42/\$62 | 407104-B2 |

## Koala & Kodiak Bears

**Co-ed**

Intro classes are the first levels without parent participation. Focus is on gross motor skills, confidence and independence. Age-appropriate tumbling skills that are introduced include straddle rolls, front & back rolls, donkey kicks, and cartwheels. Children are introduced to basic skills on vault, bars, beam and floor and rings for boys. Skill circuits are introduced on all equipment.

**Location:** Gymnastics Center **Gymnastics (jp)**  
**Instructor:** Gymnastics Staff **MIN/MAX: 3/5**

| Age       | Day | Time      | Date          | R/NR Fee  | Code #    |
|-----------|-----|-----------|---------------|-----------|-----------|
| Pre K & K | Sat | 10-10:45A | Jun 19-Jul 3  | \$32/\$48 | 407105-A1 |
| Pre K & K | Sat | 10-10:45A | Jul 24-Aug 14 | \$42/\$62 | 407105-B1 |

## Kodiak Bears

**Co-ed**

Intro classes are the first levels without parent participation. Focus is on gross motor skills, confidence and independence. Age appropriate tumbling skills that will be introduced include straddle rolls, front & back rolls, donkey kicks, and cartwheels. Children will be introduced to basic skills on vault, bars, beam and floor. Skill circuits will be introduced on all equipment.

**Location:** Gymnastic Center **Gymnastics (jp)**  
**Instructor:** Gymnastics Staff **MIN/MAX: 3/5**

| Age | Day | Time         | Date          | R/NR Fee  | Code #    |
|-----|-----|--------------|---------------|-----------|-----------|
| K   | Wed | 11A-12P      | Jun 16-30     | \$35/\$53 | 407201-A1 |
| K   | Thu | 10:30-11:30A | Jun 17-Jul 1  | \$35/\$53 | 407201-A2 |
| K   | Wed | 11A-12P      | Jul 21-Aug 11 | \$47/\$67 | 407201-B1 |
| K   | Thu | 10:30-11:30A | Jul 22-Aug 12 | \$47/\$67 | 407201-B2 |

# Youth Fitness & Sports

## Beginners 1

### Girls

This intro class focuses on gross motor skills, confidence and independence. Age-appropriate tumbling skills introduced include straddle rolls, front & back rolls, donkey kicks, and cartwheels. Girls are introduced to basic skills on vault, bars, beam and floor. Skill circuits are introduced on all equipment.

**Location:** Gymnastics Center

**Gymnastics (jp)**

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

| Age  | Day | Time       | Date          | R/NR Fee  | Code #    |
|------|-----|------------|---------------|-----------|-----------|
| 6-14 | Tue | 9-10:30A   | Jun 15-29     | \$53/\$73 | 407202-A1 |
| 6-14 | Tue | 7:15-8:45P | Jun 15-29     | \$53/\$73 | 407202-A2 |
| 6-14 | Wed | 9-10:30A   | Jun 16-30     | \$53/\$73 | 407202-A3 |
| 6-14 | Tue | 9-10:30A   | Jul 20-Aug 10 | \$70/\$90 | 407202-B1 |
| 6-14 | Tue | 7:15-8:45P | Jul 20-Aug 10 | \$70/\$90 | 407202-B2 |
| 6-14 | Wed | 9-10:30A   | Jul 21-Aug 11 | \$70/\$90 | 407202-B3 |

## Beginners 2

### Consent Required | Girls

With the basic skills learned in the intro classes, more difficult skills are introduced in the advanced levels, including handstands to handstand rolls, one-arm cartwheels to round-offs, back bends to back walkovers, front limbers, and cartwheels on low beam. Advanced classes focus on technique, strength, flexibility and advancement of skills in tumbling and on gymnastics equipment. Skill circuits on all equipment are completed in each level.

**Location:** Gymnastic Center

**Gymnastics (jp)**

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

| Age  | Day | Time     | Date          | R/NR Fee | Code #    |
|------|-----|----------|---------------|----------|-----------|
| 6-13 | M   | 9-10:30A | Jun 15-29     | \$53/73  | 407203-A1 |
| 6-13 | M   | 9-10:30A | Jul 20-Aug 10 | \$70/90  | 407203-B1 |

## Beginners 2/3

### Consent Required | Girls

This advanced level class focuses on technique, strength, flexibility and advancement of skills in tumbling and on gymnastics equipment. You will be notified if the gymnastics instructor feels your child has been placed in the incorrect class. Our goal is to provide a fun and safe environment where your child can excel and build self-confidence.

**Location:** Gymnastic Center

**MIN/MAX:** 3/5

**Instructor:** Gymnastics Staff

| Age  | Day | Time       | Date          | R/NR Fee  | Code #    |
|------|-----|------------|---------------|-----------|-----------|
| 6-13 | Tue | 7:15-8:45P | Jun 15-29     | \$53/\$73 | 407204-A1 |
| 6-14 | Wed | 9-10:30A   | Jun 16-30     | \$53/\$73 | 407204-A2 |
| 6-14 | Sat | 11A-12:30P | Jun 19-Jul 3  | \$53/\$73 | 407204-A3 |
| 6-13 | Tue | 7:15-8:45P | Jul 20-Aug 10 | \$70/\$90 | 407204-B1 |
| 6-14 | Wed | 9-10:30A   | Jul 21-Aug 11 | \$70/\$90 | 407204-B2 |
| 6-14 | Sat | 11A-12:30P | Jul 24-Aug 14 | \$70/\$90 | 407204-B3 |



## Gold Gymnastics Camp 😊

### Girls

Gymnasts are exposed to all facets of the sport in a positive and fun environment. Camp includes five formal class instructions (vault, bars, beam, floor and dance). Bring the following to camp daily: lunch, water bottle, hand sanitizer, mask and grips.

**Location:** Gymnastic Center

**Youth (jp)**

**Instructor:** Gymnastics Staff

**MIN/MAX:** 20/30

| Age  | Day     | Time     | Date    | R/NR Fee   | Code #    |
|------|---------|----------|---------|------------|-----------|
| 6-12 | Tue-Fri | 8:30A-1P | Jul 6-9 | \$89/\$109 | 402802-A1 |