

# Gymnastics...anything but routine!

## Sessions

### Winter 1 Session

5 Week Program  
February 22 - March 27  
Early Bird Deadline: February 14

### Spring 2 Session

5 Week Program  
April 4 - May 22  
Early Bird Deadline: February 14

## Early Bird Registration

Save \$10 if you register for a session (per child) before February 14  
Save \$20 if you register for two sessions (per child) before February 14

## Gymnastics at a Glance

### 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 1 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:** Tumbling Team and Optional Team parents must attend a Score 6 class prior to their child's participation in gymnastics.



### 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. A face mask is required for participants 2 years and older.

**Location:** Gymnastic Center

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

Age	Day	Time	Date	R/NR Fee	Code #
12-27mos	M	9:00-9:35A	2/22-3/22	\$57/77	201204-A1
12-27mos	M	9:00-9:35A	4/5-5/17	\$75/95	201204-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

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

Age	Day	Time	Date	R/NR Fee	Code #
27-35mos	M	10:00-10:30A	2/22-3/22	\$55/75	201205-A1
27-35mos	M	10:00-10:30A	4/5-5/17	\$73/93	201205-B1

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 Johnston Recreation Center front desk at 630-529-3650 for the most current program and event information.

# Youth Fitness & Sports

## Beanies & Teddy Bears

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

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

Age	Day	Time	Date	R/NR Fee	Code #
3	M	11:00-11:35A	2/22-3/22	\$57/77	207102-A1
3	F	12:15-12:50P	2/26-3/26	\$57/77	207102-A2
3	Sa	9:00-9:35A	2/27-3/27	\$57/77	207102-A3
3	M	11:00-11:35A	4/5-5/17	\$65/85	207102-B1
3	F	12:15-12:50P	4/9-5/21	\$65/85	207102-B2
3	Sa	9:00-9:35A	4/10-5/22	\$65/85	207102-B3

## 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 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

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

Age	Day	Time	Date	R/NR Fee	Code #
Pre K	M	12:30-1:15P	2/22-3/22	\$61/81	207104-A1
Pre K	F	11:00-11:45A	2/26-3/26	\$61/81	207104-A2
Pre K	M	12:30-1:15P	4/5-5/17	\$81/101	207104-B1
Pre K	F	11:00-11:45A	4/9-5/21	\$81/101	207104-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 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:** Jr. Gym

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

Age	Day	Time	Date	R/NR Fee	Code #
Pre K & K	Sa	10:00-10:45A	2/27-3/27	\$61/81	207201-A1
Pre K & K	Sa	10:00-10:45A	4/10-5/22	\$81/101	207201-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

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

Age	Day	Time	Date	R/NR Fee	Code #
K	M	2:15-3:15P	2/22-3/22	\$66/86	207202-A1
K	F	9:30-10:30A	2/26-3/26	\$66/86	207202-A2
K	M	2:15-3:15P	4/5-5/17	\$88/108	207202-B1
K	F	9:30-10:30A	4/9-5/21	\$88/108	207202-B2

## 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:** Gymnastic Center

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

Age	Day	Time	Date	R/NR Fee	Code #
6-13	M	4:00-5:00P	2/22-3/22	\$66/86	207204-A1
6-13	Tu	7:30-8:30P	2/23-3/23	\$66/86	207204-A2
6-13	M	4:00-5:00P	4/5-5/17	\$88/108	207204-B1
6-13	Tu	7:30-8:30P	4/6-5/18	\$88/108	207204-B2

## 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

**Instructor:** Gymnastics Staff

**MIN/MAX:** 3/5

Age	Day	Time	Date	R/NR Fee	Code #
6-13	M	4:00-5:00P	2/22-3/22	\$66/86	207205-A1
6-13	M	4:00-5:00P	4/5-5/17	\$88/108	207205-B1

## Your source for safe and responsible recreation.

A face mask is required for participants 2 years of age 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.

## Beginners 1 & 2 🐦

### Girls

This intro classes 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. 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.

**Location: Gymnastic Center**

**Instructor: Gymnastics Staff**

**MIN/MAX: 3/5**

Age	Day	Time	Date	R/NR Fee	Code #
6-13	Sa	11:15-12:15P	2/27-3/27	\$66/86	207211-A1
6-13	Sa	11:15-12:15P	4/10-5/22	\$88/108	207211-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**

**Instructor: Gymnastics Staff**

**MIN/MAX: 3/5**

Grade	Day	Time	Date	R/NR Fee	Code #
1-8	Tu	7:30-8:30P	2/23-3/23	\$66/86	207207-A1
1-8	W	4:00-5:00P	2/24-3/24	\$66/86	207207-A2
1-8	Tu	7:30-8:30P	4/6-5/18	\$88/108	207207-B1
1-8	W	4:00-5:30P	4/7-5/19	\$88/108	207207-B2

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## On the Go Movement Ed

Looking for fun ideas to keep your toddler and/or preschooler active at home? The Gymnastics Program has an exciting at-home On the Go option. Each bag includes most of the supplies you need for the themed movement activities. Parents are emailed a link for the music to download and a list of simple parent-provided supplies. On the Go programs require adult interaction. Contactless delivery is available for Bloomingdale Park District residents ONLY for an additional \$5 fee. If pick-up is selected at registration, bags will be ready for pick-up at the JRC front desk at 9 a.m. on the program start date. Registration deadline is the preceding Monday.

Date	Age	Theme	R/NR Fee	Code #	Deadline
March 19	1-5	Bunny Hoppin Fun	\$15/20	201206-B1	March 15
March 19	1-5	Delivery Bunny	\$20/NA	201206-B2	March 15
April 16	1-5	Spring into Action	\$15/20	201206-C1	April 12
April 16	1-5	Delivery Spring	\$20/NA	201206-C2	April 12
May 14	1-5	Obstacle Course	\$15/20	201206-D1	May 10
May 14	1-5	Delivery Obstacle	\$20/NA	201206-D2	May 10

**Preschool  
Gymnastics  
at home!**