

Aerial Gymnastics Club

Besides being one of the most exciting and fulfilling of all sports, gymnastics helps develop the whole child. Aerial Gymnastics Club professionally designed programs build and improve coordination, agility, strength, flexibility and balance that builds a foundation that can last a lifetime. Gymnastics encourages physical activity as part of everyday life and promotes discipline, self-esteem, and self-confidence in a fun and creative environment.



Instructional Programs

Instructional programs teach boys and girls about the sport of gymnastics in a fun, non-competitive environment. In addition to learning fundamental skills in a progressive manner, children are also challenged to improve their general fitness and enhance over-all athletic skills. Instructional program includes Gymnastics, Trampoline and Tumbling in each class.

Instructional Girls

Beginning through Advanced Girls - As a member of Aerial Gymnastics Club, your daughter will be introduced to all four women's events: learning and developing gymnastics skills using the uneven bars, vault, beam, floor, foam pit and trampoline, in addition to the conditioning and flexibility that an aspiring gymnast would need.

Instructional Boys

Beginning through Advanced Boys - Beginning through Advanced Boys - These classes teach the basics of gymnastics while developing important fitness skills the boys need. Your son will learn and develop gymnastics skills using the pommel horse, parallel bars, rings, high bar, floor, foam pit and trampoline.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|---------------------------------|--|---------------------------------|---------------------------------|---------------------------------|
| 4:00 | Beginner Girls | Beginner Girls | Beginner Girls | Beginner Girls | Beginner Girls |
| 5:00 | Beginner Boys Advanced Girls | Beginner Boys Advanced Girls | Beginner Boys Advanced Girls | Beginner Boys Advanced Girls | Beginner Boys Advanced Girls |
| | Saturday | For more information give us a call | | | |
| 11:15 | Beginner Girls | (630) 495-0150 or (630) 930-3338 or feel free to E-mail us with any questions..... AerialPreschool@aol.com | | | |
| 12:00 | Beginner Boys | | | | |
| 12:15 | Beginner Girls | | | | |

New students are evaluated during an entire class during regular class time. There is no fee charged for the evaluation of potential students. Upon the completion of the evaluation, we will discuss the best days and times for your child's age and ability.

Please give us a call to schedule your child's evaluation class.