

Boys High School Training Programs:

In the long standing tradition of excellence at Aerial Gymnastics Club, Don and Patrice McPherson have brought together one of the finest men's coaching staffs in Illinois. Tim O'Connell and Rich Larsen blend their 60 plus years expertise, prospectively in both USA Gymnastics and Illinois High School to provide the best possible High School training in the State of Illinois. Our High School training program is open but limited to a small number of hard working athletes to assure the highest quality and personalized training that builds on the making of champions.

We offer a High School training program throughout the summer and an invitation program during the school year. The program is 3 hours a day and 3 to 5 days a week. Our men's program has become the premier training facility in Illinois.

Summer Training Hours;

Monday – Thursday 1:00 pm to 4:00 pm

Fridays 9:00 am – 12:00 pm

School Year Training Hours;

Tuesday & Thursday

6:00 pm – 9:00 pm

Saturday

12:00 pm – 3:00 pm

Registration is required and space is limited. For More information please give us a call at

630-495-0150