

Spring 2019—Youth Gymnastics & Tumbling



Address: 5331 W. 135th St, Crestwood, IL
Phone: (708)-371-4810
Email: CRWCsports@gmail.com
www.crestwoodfitness.com

Children will learn the FUN-damentals of gymnastics & tumbling in this energetic and quick-paced class! Boys and girls will be taught the proper stretching and lead-up drills to ensure safety, as well as build strength, flexibility, and spatial awareness.

Parent - Tot Gymnastics

Tuesdays 03/19 - 04/16 18 months - 3 Years Old Time: 9:00- 9:45am Code: 302010-K

Pre - Kinder Tots Gymnastics

Tuesdays 03/19 - 04/16 3 & 4 Year Olds Time: 9:45 - 10:30am Code: 302010-L
Mondays 03/18 - 04/15 3 & 4 Year Olds Time: 4:00- 4:45pm Code: 302010-M

School Aged Gymnastics

Mondays 03/18 - 04/15 5 - 9 Year Olds Time: 4:45 - 5:30pm Code: 302010-N

Rhythmic Acro Combo

Mondays 03/18- 04/15 6 - 12 Year Olds Time: 5:30 - 6:15pm Code: 302010- O

Students should wear comfortable, non-baggy clothing such as shorts & t-shirt for boys, and leotards/shorts for girls. Long hair should be pulled back away from face with soft hair ties-no hard clips.



Instructor Bio - Ellen McDermott

Ellen has been involved with the sport of gymnastics for 20+ years as an athlete, coach, choreographer, and judge. She loves teaching all levels, and aspects of gymnastics to boys & girls, and is a current professional member of USA Gymnastics.

Fees for each 5 week session
\$40.00 Resident / \$48.00 Non-Resident
Min/Max : 6/12