

Spring 2020—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 03/03 - 04/07 18 months - 3 Years Old Time: 9:00- 9:45am Code: 302010-M

Pre - Kinder Tots Gymnastics

Tuesdays 03/03 - 04/07 3 & 4 Year Olds Time: 9:45 - 10:30am Code: 302010-N
Mondays 03/02 - 04/06 3 & 4 Year Olds Time: 4:00- 4:45pm Code: 302010-O

School Aged Gymnastics

Mondays 03/02 - 04/06 5 - 9 Year Olds Time: 4:45 - 5:30pm Code: 302010-P

Intermediate Gymnastics

Mondays 03/02 - 04/06 5 - 9 Year Olds Time: 5:30 - 6:15pm Code: 302010-Q

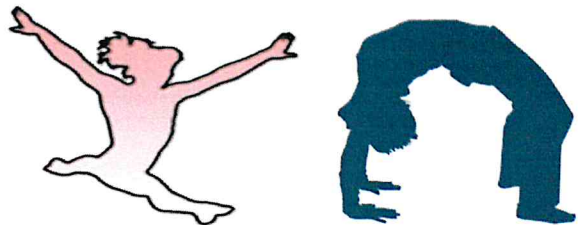
Rhythmic Acro Combo

Mondays 03/02 - 04/06 6 - 12 Year Olds Time: 6:15 - 7:00pm Code: 302010-R

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
No class on 03/09 & 03/10