



IK GYMNASTICS 2016-2017 Regular Season CLASS SCHEDULE



| (872) 241-4157 | | Gym B | | | 2500 C W Bradley Place, Chicago, IL 60618 | | |
|---|--|--|--|--|--|--|---|
| Parent-Tot | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| IK Tots (20mo - 3.5 yrs) | | | 9:00 am - 9:55 am 10:00am - 10:55am | | 9:00 am - 9:55 am 10:00am - 10:55am | 8:00am - 8:55am | 9:00 am - 9:55 am |
| Preschool | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| IK Kids (3-5 yrs) | 9:00am - 9:55am 10:00am - 10:55am 11:00am - 11:55am 1:00pm - 1:55pm 4:00pm - 4:55pm 5:00pm - 5:55pm | 9:00am - 9:55am 10:00am - 10:55am 11:00am - 11:55am 1:30pm - 2:25pm 4:00pm - 4:55pm 5:00pm - 5:55pm | 9:00am - 9:55am 10:00am - 10:55am 11:00am - 11:55am 1:00pm - 1:55pm 4:00pm - 4:55pm 5:00pm - 5:55pm | 9:00am - 9:55am 10:00am - 10:55am 11:00am - 11:55am 1:30pm - 2:25pm 4:00pm - 4:55pm 5:00pm - 5:55pm | 9:00am - 9:55am 10:00am - 10:55am 11:00am - 11:55am 1:00pm - 1:55pm 4:00pm - 4:55pm 5:00pm - 5:55pm | 8:00am - 8:55am 9:00am - 9:55am 10:00am - 10:55am 11:00am - 11:55am | 9:00 am - 9:55 am 10:00am - 10:55am |
| Girls Recreational | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Girls Beginner 1 (5yrs +) | 4:00pm - 4:55pm 5:00pm - 5:55pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 9:00am - 9:55am 10:00am - 10:55am | 10:00am - 10:55am 11:00am - 11:55am 1:30pm - 2:25pm |
| *Girls Beginner 2 | 4:00pm - 4:55pm 5:00pm - 5:55pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 11:00am - 12:25pm | 11:00am - 11:55am 12:30pm - 1:25pm |
| *Girls Beginner 3 | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 11:00am - 12:25pm | 12:00pm - 1:25pm |
| *Girls Intermediate 1 | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 11:00am - 12:25pm | |
| *Girls Intermediate 2 & Advanced | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 6:00pm - 7:25pm | 11:00am - 12:25pm | |
| Girls Pre-Teen (10-14 yrs) (Varying Beginner Level) | 6:00pm - 7:25pm | | 6:00pm - 7:25pm | | 6:00pm - 7:25pm | | 12:00pm - 1:25pm |
| Trampoline Classes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Trampoline Beginner (6-12 yrs) | | 4:00pm - 4:55pm 5:00pm - 5:55pm 6:00pm - 6:55pm 7:00pm - 7:55pm | | 4:00pm - 4:55pm 5:00pm - 5:55pm 6:00pm - 6:55pm 7:00pm - 7:55pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 9:00am - 9:55am 10:00am - 10:55am 11:00am - 11:55am | 10:00am - 10:55am |
| *Trampoline Advanced | | | | | | 9:00am - 11:00am | |
| Specialty Classes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Tumbling Beginner (Girls Beginner 2 & 3. Boys 7yrs+) | | | | | 7:30pm - 8:25pm | | |
| Tumbling Advanced (Girls & Boys Intermediate+) | | | | | 7:30pm - 8:25pm | | |
| Aerial Silks (Girls Beginner 2+) | | | | 6:00pm - 6:55pm | | | |
| Rhythmic Gymnastics (6yrs +) | 7:30pm - 8:25pm | 7:30pm - 8:25pm | 7:30pm - 8:25pm | | | | |
| Adult Classes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Aerial Silks (16yrs +) | | | | | | 1:00pm - 2:00pm 2:00pm - 3:00pm | |
| (773) 604-4541 | | Gym A | | | 2630 B W Bradley Place, Chicago, IL 60618 | | |
| Boys Classes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Boys Beginner (5yrs +) | 4:00pm - 4:55pm 5:30pm - 6:25pm | 4:00pm - 4:55pm 5:30pm - 6:25pm | 4:00pm - 4:55pm 5:00pm - 5:55pm | 4:00pm - 4:55pm 5:30pm - 6:25pm | 4:00pm - 4:55pm 5:30pm - 6:25pm | 9:00am - 9:55am 10:00am - 10:55am 11:00am - 11:55am | |
| *Boys Intermediate & Advanced | | 6:30pm - 7:55pm | | 6:30pm - 7:55pm | | | |
| Adult Classes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Tumbling | 8:00pm - 9:25pm | | 8:00pm - 9:25pm | | | 3:00pm - 5:00pm | |

All 55 Minute classes \$25/class; 85 Minute classes \$31.25/class; 120 Minute classes \$37/class

Multiple class discount 20% Sibling discount 10%

A nonrefundable annual registration fee of \$120 per participant (or \$150 per family) is due upon initial registration and once a year thereafter.

See our Policies and Rules at www.ikgym.com for further information.

*Must be evaluated by coach. Please visit www.ikgym.com/evaluations for more information.

**Adult Class Pricing: No annual registration fee. \$25/drop in. \$200/10pack. \$120/month.

Tuition must be paid in full at time of registration and is nonrefundable and nontransferable.



2016-2017 School Year Season:



September 6th, 2016 - June 11, 2017

Email: info@ikgym.com

**Current Families
Only**

**4:1 Class
Ratio**

**\$20 per 30 Minute
Session**

**Register now by calling us
at 872-241-4157!**

| IK Gymnastics Event Specific Training | | | | | |
|---------------------------------------|-----------------|-----------------|-----------------|-----------------|--------|
| Bars | Monday | Tuesday | Wednesday | Thursday | Friday |
| Girls Beginner 1 & 2 | 7:30pm - 8:00pm | 7:30pm - 8:00pm | | | |
| Girls Beginner 3 & Intermediate | 8:00pm - 8:30pm | 8:00pm - 8:30pm | | | |
| Beam | Monday | Tuesday | Wednesday | Thursday | Friday |
| Girls Beginner 1 & 2 | | 7:30pm - 8:00pm | | | |
| Girls Beginner 3 & Intermediate | | | 8:00pm - 8:30pm | 7:30pm - 8:00pm | |
| Floor | Monday | Tuesday | Wednesday | Thursday | Friday |
| Girls Beginner 1 & 2 | | | 7:30pm - 8:00pm | 7:30pm - 8:00pm | |
| Girls Beginner 3 & Intermediate | 8:00pm - 8:30pm | | | 8:00pm - 8:30pm | |
| Vault | Monday | Tuesday | Wednesday | Thursday | Friday |
| Girls Beginner 3 & Intermediate | | | 8:00pm - 8:30pm | | |

We have noticed that students of all skills levels typically have events that are weaker than others and struggle to obtain certain skills, even if they excel in other areas. These classes were designed specifically with these students in mind, with the goal of improving skill acquisition, strength, and confidence. It is a common frustration that a child is stuck in the same level because they need extra help on a specific event and private classes are a luxury not everyone can afford. If you are to sign up, we recommend you stick with it for at least 4 consecutive weeks to get the most out of this additional training. No one can "fix" an event in one try. It takes several sessions to see great improvement.