

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 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 1:00pm - 1:55pm 4:00pm - 4:55pm 5:00pm - 5:55pm	9:00am - 9:55am 10:00am - 10:55am 1:30pm - 2:25pm 4:00pm - 4:55pm 5:00pm - 5:55pm	9:00am - 9:55am 10:00am - 10:55am 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 12:30pm - 1:25pm	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 11:00am - 11:55am	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	9:00am - 9:55am 10:00am - 10:55am	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) <small>(Varying Beginner Level)</small>	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 11:00am - 11:55am
*Trampoline Advanced						9:00am - 11:00am	
Specialty Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tumbling Beginner <small>(Girls Beginner 2 & 3. Boys 7yrs+)</small>					7:30pm - 8:25pm		
Tumbling Advanced <small>(Girls & Boys Intermediate+)</small>					7:30pm - 8:25pm		
Aerial Silks <small>(Girls Beginner 2+)</small>		6:00pm - 6:55pm		6:00pm - 6:55pm			
Rhythmic Gymnastics (6yrs +)	7:30pm - 8:25pm		7:30pm - 8:25pm				
Adult Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
**Aerial Silks <small>(16yrs +)</small>						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 5:00pm - 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 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 skill levels typically have events that are weaker than others and struggle to obtain certain skills, even if they excel in specific areas. These classes were designed with these particular students in mind with the goal of improving skill acquisition, strength, and confidence. It is common that a child may feel frustrated being 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.