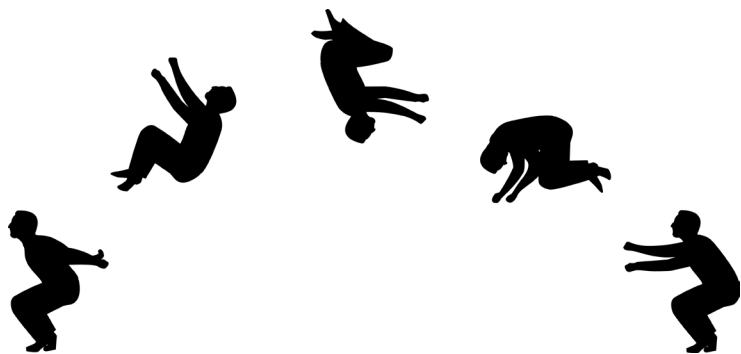


# TUMBLING, TRACK & FENCING



## Adult & Tot Tumbling & Rhythmic Gymnastics (Ages 2-3 w/adult)

Bond with your child as you help them develop body awareness, coordination, flexibility and balance while having fun learning and practicing movement, rolls, and other tumbling exercises. Toddlers also use balls, hoops and ribbons to try simple rhythmic gymnastics movements that stimulate growing muscles and build concentration. Instructed by SportsKids Inc.

**Oct. 23 – Dec. 4 (no class 11/27)**

**Wed, 5:45 p.m. – 6:15 p.m.**

Mundelein Community Center

Fees: \$30/res; \$36/non-res

Code: 2651

## Tot Tumbling & Rhythmic Gymnastics (Ages 3-5)

Children are introduced to tumbling positions, drills and movements, such as tuck, straddle, bridge, forward roll and cartwheel. Leaps, jumps, stretching, running and balancing are taught as part of rhythmic gymnastics movements that also involve using hoops, ribbons and other hand apparatus. This class promotes the development of balance, strength, motor skills, and flexibility in a safe, fun and progressive setting. Instructed by SportsKids Inc.

**Oct. 23 – Dec. 4 (no class 11/27)**

**Wed, 5:00 p.m. – 5:45 p.m.**

Mundelein Community Center

Fees: \$45/res; \$54/non-res

Code: 2652

## Youth Track & Field (Ages 7-12)

This class will teach kids about track and field, one of the oldest sports that continues to grow and is highlighted by the Olympics every 4 years. Boys and girls will learn the jumping, running and throwing skills involved in the sport of track and field. They will practice sprints, relays, long-distance walking, running hurdles, long jump, discus throw and other track and field events as well as participate in a fun-filled SportsKids track and field meet on the last day of the class. Instructed by SportsKids

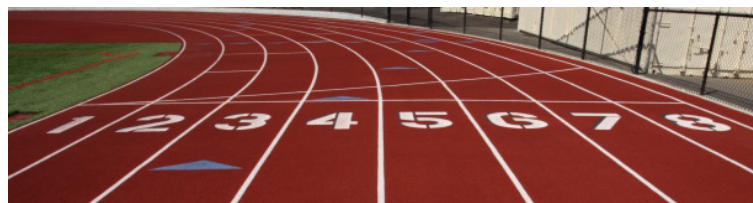
**Sept. 9 – Oct. 14**

**Mon, 5:00 p.m. – 5:45 p.m.**

Mundelein Community Park Soccer Fields

Fees: \$45/res; \$54/non-res

Code: 2653



## Fencing (Ages 8-15)

Our fun and informative classes teach students the basics from beginner to expert. Safety is stressed and each participant handles a foil in every session. Students will learn moves and strategies that create the foundation for their fencing game. Each class features instructions and competition. All equipment provided. Instructed by Vladimir Lapshin.

**Session 1: Sept. 12 - Oct. 24**

**Thurs, 5:30 p.m. - 6:30 p.m.**

Hawthorn Woods Aquatic Center - Community Room

Fees: \$98/Res; \$112/Non-Res

Code: 2638

**Session 2: Nov. 7 - Dec. 19 (no class 11/28)**

**Thurs, 5:30 p.m. - 6:30 p.m.**

Hawthorn Woods Aquatic Center - Community Room

Fees: \$84/Res; \$97/Non-Res

Code: 2639

