

Flying High

MLK Day Activity Schedule

SEE BACK FOR DETAILS AND PRICING

<p>Friday, Jan 17</p>	<p>Little Tykes Time at Countryside 10-11:30am Little Tykes Time at Countryside 1:30-3:00pm Komarek Pizza FUNdraiser at Countryside (Public Event) 7-10pm</p>
<p>Saturday, Jan 18</p>	<p>Open Gym at Countryside 12-2pm Lyle Pizza FUNdraiser at Countryside (Public Event) 7-10pm</p>
<p>Sunday, Jan 19</p>	<p>Open Gym at Hickory Hills 12-2pm Oak School Pizza FUNdraiser Night at Countryside (Public Event) 6:30-9:30pm</p>
<p>Monday, Jan 20</p> <p>*Register for clinics by stopping by the Front Desk or calling us at (708) 352-3099. *Café and Viewing Room will be available in between clinics.</p>	<p>Happy MLK Day</p> <p>Regular Classes</p> <p>MLK Day Camp at Countryside 7:30am-6:30pm Little Tykes Time at Countryside 10-11:30am Little Tykes Time at Hickory Hills 10-11:30am Open Gym at Countryside 12-2pm</p> <p>Clinics at Countryside</p> <p>Cartwheel, Back Roll, Handstand Clinic: 9-9:45am Backbend Clinic: 10-10:45am Flip Flop Clinic: 2-2:45pm Bars Clinic: 3-3:45pm Advanced Flip Flop and Back Tuck Clinic: 3-3:45pm</p>

Clinics

45 minutes - \$15 each

Advanced Flip Flop & Back Tuck Clinic:

If your star already has a flip flop but needs to perfect it, this is the place to be! Perfecting the flip flop will lead to higher scores when competing in gymnastics and cheerleading. It ALSO leads to the big skills! A child with proper technique in a flip flop will have amazing back tucks and more. The sky is the limit when technique is correct!

Prerequisite: Running Round Off Flip Flop

Backbend Clinic:

Backbend rocking, standing up, kicking over, and toe pointed backwalkovers! Our expert teachers will help your child get closer to his/her goal! We can also show you some tricks for practicing at home if you are interested! **Big Dipper & Up*

Bars Clinic:

This clinic is great for 2 reasons! 1. If your child is working on one more skill to move up, give your star the extra time to learn it! 2. If your child seems to struggle more on bars than other events he/she NEEDS TIME on the bar. It is the only event you really can't practice outside of class. There are specific "bar" muscles being strengthened just by practicing. Timing is another major factor in bar skills and repetition is the key! Give your star a little edge while school is out. It can only help! **Big Dipper & Up*

Cartwheel, Back Roll, & Handstand Clinic:

Basic tumbling skills are the foundation of gymnastics! If your child needs one or more of these skills to move up to the next class, or even just wants to perfect these 3 skills, this clinic is for you! **Little Dipper & Up*

Flip Flop Clinic:

Learning a flip flop takes drills, time, and repetition. Use your break to get some extra flip time in!! Qualified coaches can have your child working the drills needed to learn this difficult skill. Trampolines, the flip flop machine, mat stacks, and hand spotting will all be utilized to help your star achieve this goal! **Mini Stars & Up, Intermediate & Up*

No School Day Camps

We are hosting camp on Friday, Jan 17 and on MLK Day Monday, Jan 20 for children ages 4-12 years old. Theme for MLK Camp is "Entering into the Minecraft World". Imagine it, and you can build it! Are you a Minecraft fan? Experience the world of Minecraft with Lego blocks style adventure. Both fun and educational, Minecraft is a video game that helps enhance creativity, problem-solving, self-direction, collaboration, and other life skills. On this day campers will have the opportunity to create a Minecraft world by crafting their shelters and some of the mobs, critters, and tools using Legos.

Cost: Whole Day (9am-4pm): \$59/child

Extended Before Care (7:30am-8am): \$8/child

After Care (4-5:30pm): No Charge

Half Day (9am-11:30am or 1:30pm-4:00pm): \$35/child

Before Care (8am-9am): No Charge

Extended After Care (5:30-6:30pm): \$15/child

Pizza FUNdraisers

Open to kids ages 5 and up. Pre-registration discount is \$15 per child; our pre-registration discount ends at 11:59pm 2 days before the event. Register after the discount period for \$20 online or at the door. Online registration ends at 11:59pm the night before the event. Almost 50% of the profits from event will go directly to the School hosting the event!

Events

Open Gym: Open to all ages. Children 5 years and younger require an adult to stay with them in the gym. Cost is \$12/child.

Little Tykes Time: Open to children in kindergarten and younger. An adult is required to stay in gym with child. Cost is \$5/child.