

Flying High Fall Break Activity Schedule

<p>Mon, Nov 20</p>	<p style="text-align: center;">Regular Classes</p> <p style="text-align: center;">Fall Break Camp 8am-5:30pm Little Tykes Time at Countryside 10-11:30am</p> <p style="text-align: center;">Clinics</p> <p style="text-align: center;">Advanced Flip Flop & Back Tuck Clinic: 3:15-4pm Bars Clinic: 3:15-4pm Ninja Bars Clinic: 9-9:45am</p>
<p>Tues, Nov 21</p>	<p style="text-align: center;">Regular Classes</p> <p style="text-align: center;">Fall Break Camp 8am-5:30pm *Field Trip to Children's Museum in Navy Pier Little Tykes Time at Countryside 10-11:30am</p> <p style="text-align: center;">Clinics</p> <p style="text-align: center;">Back Tuck Clinic: 2-2:45pm Backbend Clinic: 2:30-3:15pm Bars Clinic: 3:15pm-4pm Cartwheel, Back Roll, Handstand Clinic: 3:15-4pm</p>
<p>Wed, Nov 22</p>	<p style="text-align: center;">Flying High Closes at 3pm. No regular classes starting at 3pm and after.</p> <p style="text-align: center;">Fall Break Camp 8am-5:30pm Little Tykes Time at Countryside 10-11:30am / Open Gym 12-2pm</p> <p style="text-align: center;">Clinics</p> <p style="text-align: center;">Bars Clinic: 9:45-10:30 / 2-2:45pm Backbend Clinic: 9-9:45pm Beam Clinic: 11:15-12pm Cartwheel, Back Roll, Handstand Clinic: 10:30-11:15am / 2-2:45pm Flip Flop Clinic: 11:15-12pm Ninja Rolls: 9-9:45am Ninja Vaults & Cartwheels Clinic: 9:45-10:30am</p>
<p>Thurs, Nov 23</p>	<p style="text-align: center;"> Flying High is Closed. No regular Classes, Camp, or Special Events.</p> <p style="text-align: center;">Happy Thanksgiving!</p>
<p>Fri, Nov 24</p>	<p style="text-align: center;">Regular Classes Resume</p> <p style="text-align: center;">Little Tykes Time at Countryside 10-11:30am / Open Gym at Countryside 12-2pm</p> <p style="text-align: center;">Clinics</p> <p style="text-align: center;">Advanced Flip Flop & Back Tuck: 3-3:45pm Bars Clinic: 3-3:45pm Backbend Clinic: 3-3:45pm Flip Flop Clinic: 3-3:45pm Swing, Flip, & Fly Clinic: 3-3:45pm</p>

*All clinics will be held at the Countryside location. Register for clinics by stopping by at the Front Desk or calling us at (708) 352-3099.

*All classes after 2:30pm on Wed, Nov 22-Thurs, Nov 23 can schedule a makeup. Makeup Classes must be scheduled with the front desk.

*Café and Viewing Room will be available in between clinics and during break leading up to Open Gym.

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*

Beam Skills Clinic: This workshop will be working on Handstands, Cartwheels, and Cartwheel-Side Handstand Dismounts. **Level 1 & up, Gym Stars & up only*

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*

Front Tumbling Clinic: Clinic is for athletes working on front walkovers, front handsprings, and even punch fronts. Advanced athletes will work on combining these skills into more difficult passes.

Ninja Bars Clinic: Ninjas will work on a handful of bar skills that every Ninja needs to know in order to swing over objects and strengthen their upper body. Our Instructors will help Ninjas work on upper body skills as well as basic skills required in Ninja Zone. **Ages 5 & Up*

Ninja Vaults & Cartwheels Clinic:

During this clinic, Ninjas will be working on their Cartwheels and Vault skills. Learning the different variations required to leap over objects and land safely is a priority for Ninja Zone. **Ages 5 & Up*

Ninja Rolls Clinic: Learning Ninja rolls takes time and repetition to perfect. Our instructors will work with your Ninja on their Front, Back, and Side Ninja rolls during this clinic.

**All Ages*

Fall Break Camp

Monday, Nov 20 thru Wed, Nov 22. For children ages 4-12 years old. Theme is "Turkey Bowl". Traditional Super Bowl theme-based enriching activities, group games, sports & fitness activities, hands-on science experiments, arts & crafts and field trip centered around theme. Field Trip will be on Tues 11/21 to the Children's Museum located in Navy Pier.

Cost: Full Day (9am-4pm): \$54/child Half Day (9am-11:30am or 1:30pm-4:00pm): \$30/child Field Trip Day (9am-4pm): \$65/child Extended Care options available!

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.