



9162 Trinity Dr.  
LITH, IL 60156  
(847) 854-8518

[www.trinitygymnastics.org](http://www.trinitygymnastics.org)

# 2023 Monthly Class Schedule

Please call us for **Girls or Boys Competitive Team** information.

See our website or Parent Portal for **Special Event** Information!

**Schedule effective October 1, 2023** (Schedule/prices subject to change at anytime)

**Enroll in a second class and receive a SIGNIFICANT discount!**

CHECK OUT OUR MONTHLY SPECIAL EVENTS AND OPEN GYM TIMES!

TRAINING CHAMPIONS IN BODY, MIND & SPIRIT

| Kindergym  | MON                                | TUE                 | WED                      | THU                          | FRI                 | SAT                     |
|--|------------------------------------|---------------------|--------------------------|------------------------------|---------------------|-------------------------|
| <b>Parents &amp; Tots (Walkers to 3 yr)</b><br>1X/Wk 45 min \$77/mon; 2X/Wk \$118/mon        | 9:30 AM<br>10:30 & 1:15*           | 9:30 AM             |                          |                              | 9:30 AM             | 8:30 AM<br>12:15 PM     |
| <b>Little Stars (3 -4 yr)</b><br>1X/Wk 45 min \$77/mon; 2X/Wk \$118/mon                      | 9:30 AM<br>4:15 PM                 | 9:30 AM             | 9:30 & 10:30*<br>3:15 PM |                              | 10:30 AM            | 9:45 AM<br>11:00 AM     |
| <b>Jump Start (4 1/2-Kindergarten)</b><br>1X/Wk 45 min \$77/mon; 2X/Wk \$118/mon             | 4:15 PM<br>5:30 PM                 |                     | 9:30 AM<br>4:15 & 5:30   | 4:15 PM                      | 10:30 AM<br>4:15 PM | 9:35 AM                 |
| <b>Girls Super Stars (3 - 5 yr Invite Only)</b><br>1X/Wk 1 Hr \$82/mon; 2X/Wk 2 Hr \$136/mon | 10:30 AM                           | 10:30 AM<br>5:30 PM | 10:30 AM*<br>4:15 & 5:30 |                              | 9:30 AM             | 11:00 AM                |
| <b>Boys Super Stars (4 - 5 yr Invite Only)</b><br>1X/Wk 1 Hr \$82/mon; 2X/Wk 2 Hr \$136/mon  | 4:15 PM                            |                     |                          |                              |                     | 8:30 AM                 |
| <b>Boys Flippers (4-5 yr Invite Only)</b><br>1X/Wk 1.25 Hrs; \$105/mon; 2X/Wk \$173/mon      | 5:15 PM                            |                     |                          | 4:15 PM*                     |                     |                         |
| <b>Girls Flippers (4-5 yr Invite Only)</b><br>1X/W; 1 Hr \$82/mon; 2X/WK 2 Hr \$136/mon      |                                    | 4:15 PM             |                          | 4:15 PM                      |                     |                         |
| <b>Li'l Tumblers (4-6 yr)</b><br>1X/Wk 45 min \$77/mon; 2X/Wk \$118/mon                      |                                    | 3:15 PM*            |                          |                              | 3:15 PM*            |                         |
| <b>Li'l Warriors (Preschool Ninja) (4-5 yr)</b><br>1X/Wk 45 min \$77/mon; 2X/Wk \$118/mon    | 3:15 PM*                           | 4:15 PM             | 4:30 PM<br>5:30 PM       |                              |                     | 8:30 AM                 |
| Girls Recreational Gymnastics  | MON                                | TUE                 | WED                      | THU                          | FRI                 | SAT                     |
| <b>Girl's L1 (1st Grade +)</b><br>1X/Wk 1 Hr \$83/mon; 2X/Wk 2 Hr \$136/mon                  | 4:15 PM<br>5:30 PM                 | 4:15 PM<br>5:30 PM  | 4:15 PM<br>5:30 PM       | 5:30 PM                      | 4:15 PM             | 8:30 & 9:45<br>11:00 AM |
| <b>Girl's L1/L2 (1st Grade +)</b><br>1X/Wk 1 Hr \$83/mon; 2X/Wk 2 Hr \$136/mon               |                                    | 6:45 PM*            |                          | 6:45 PM                      |                     |                         |
| <b>Girl's L2 (1st Grade +)</b><br>1X/Wk 1 Hr \$83/mon; 2X/Wk 2 Hr \$136/mon                  | 5:30 PM                            | 6:45 PM             | 6:45 PM                  |                              | 5:30 PM             | 9:45 AM                 |
| <b>Girl's L3/L4 (2 Hr Class)</b><br>1X/ Wk 2 Hr \$136/mon; 2X/Wk 4 Hr \$206/mon              |                                    |                     | 5:30 PM                  | 6:45 PM                      |                     | 12:15 PM                |
| <b>Hot Shots (4 Hr Class; Invite Only)</b><br>2X/Wk 2 Hr/day \$206/mon;4x/Wk 8 Hr \$312/mon  | 4:30 PM                            | 4:45 PM             |                          | 4:45 PM                      | 4:30 PM             |                         |
| Boy's Recreational Gymnastics  | MON                                | TUE                 | WED                      | THU                          | FRI                 | SAT                     |
| <b>Boys Level 1 (Age 6 and Up)</b><br>1X/Wk 1 Hr \$83/mon; 2X/Wk 2 Hr \$136/mon              |                                    |                     | 4:15 PM                  |                              | 4:15 PM             | 11:00 AM                |
| <b>Boys Level 2/3 (Age 6 and Up)</b><br>1X/Wk 1 Hr \$83/mon; 2X/Wk 2 Hr \$136/mon            |                                    | 5:30 PM             |                          | 5:35 PM                      |                     |                         |
| <b>Boys Level 3/4 (TBA)</b>  |                                    |                     |                          |                              |                     |                         |
| <b>Hot Shots (3 Hr Class; Invite Only)</b><br>2X/Wk 1.5 Hr/day \$155/mon                     |                                    | 4:00 PM             |                          |                              | 5:15 PM             |                         |
|  |                                    |                     |                          |                              |                     |                         |
| <b>Updated 9/28/2023</b>   | <b>*New class pending</b>          |                     |                          |                              |                     |                         |
| OPEN GYMS  | MON                                | TUE                 | WED                      | THU                          | FRI                 | SAT                     |
| M-W-F Weekday OG: Aug-May ONLY!  | 11:30-12:45                        |                     | 11:30-12:45              |                              | 11:30-12:45         | 2:30-4:00               |
| Saturday Open Gym: Year Round!   | \$5 per child; Max \$12 per family |                     |                          | Saturday Open Gym: \$8/child |                     |                         |



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# 2023 Monthly Class Schedule

Please call us for **Girls or Boys Competitive Team** information.

See our website for **Birthday Party Package** Information!

**Schedule effective October 1, 2023** (Schedule/prices subject to change at anytime)

**Enroll in a second class and receive a SIGNIFICANT discount!**

**\*\*No yearly Registration Fee for Gymnastics, Ninja or Tumbling!\*\***

## Ninja Training

|   | MON                | TUE                | WED                 | THU     | FRI     | SAT                |
|---|--------------------|--------------------|---------------------|---------|---------|--------------------|
| <b>Ninja - Beginner</b><br>1X/Wk 1 Hr \$90/mon; 2X/Wk \$142/mon     | 4:15 PM<br>5:15 PM | 4:15 PM<br>6:30 PM | 5:30 PM             | 4:15 PM | 5:30 PM | 8:30 AM<br>9:45 AM |
| <b>Ninja - Intermediate</b><br>1X/Wk 1 Hr \$90/mon; 2X/Wk \$142/mon | 7:30 PM            | 5:15 PM<br>6:00 PM |                     | 5:45 PM |         | 11:00 AM           |
| <b>Ninja - Advanced</b><br>1X/Wk 1 Hr \$90/mon; 2X/Wk \$142/mon     |                    | 7:30 PM            | 5:30 PM<br>7:30 PM* | 7:30 PM | 6:30 PM |                    |

## Trampoline

|  | MON     | TUE                        | WED                      | THU                    | FRI | SAT |
|--|---------|----------------------------|--------------------------|------------------------|-----|-----|
| <b>Trampoline</b><br>1X Wk 30 min \$46/mon; 2X Wk \$84/mon | 8:30 PM | 5:30 & 6:00<br>7:00 & 8:30 | 6:30 PM<br>7:00* & 8:30* | 5:15 PM<br>6:45 & 8:30 |     |     |

## Aerial Arts\*\*

|  | MON                | TUE     | WED                    | THU                     | FRI     | SAT                 |
|--|--------------------|---------|------------------------|-------------------------|---------|---------------------|
| <b>Lyra - Beginner</b><br>1X/Wk 1 Hr \$79/mon                                |                    |         |                        |                         |         | 2:30 PM*<br>3:30 PM |
| <b>Lyra - Intermediate</b><br>1X/W, 1 Hr \$79/mon                            |                    |         |                        | 4:15 PM<br>5:15 PM      |         |                     |
| <b>Aerial Silks - Beginner</b><br>1X/Wk 1 Hr \$79/mon; 2X/Wk \$133/mon       | 4:15 PM<br>5:15 PM |         | 5:45 PM<br>6:30 & 6:45 | 5:30 PM<br>7:30 (ADULT) | 4:15 PM |                     |
| <b>Aerial Silks - Adv Beginner</b><br>1X/Wk 1 Hr \$79/mon; 2X/Wk \$133/mon   |                    | 4:15 PM |                        | 6:30 PM                 | 5:15 PM | 10:30 AM*           |
| <b>Aerial Silks - Intermediate</b><br>1X/Wk 1.5 Hr \$90/mon; 2x/Wk \$150/mon |                    | 5:15 PM | 4:15 PM                |                         | 5:15 PM | 11:30 AM*           |
| <b>Aerial Silks - Advanced</b><br>1X/Wk 1.5 Hr \$90/mon; 2x/Wk \$150/mon     | 6:15 PM            | 6:45 PM |                        |                         |         |                     |

**\*\*Yearly Aerial Arts Registration Fee required \$35 per student**

## Homeschool Classes

|  | MON | TUE | WED | THU | FRI                  | SAT |
|--|-----|-----|-----|-----|----------------------|-----|
| <b>Homeschool Gymnastics Plus</b><br>1X/Wk 1 Hr \$83/mon |     |     |     |     | 11:30 AM<br>12:45 PM |     |

## Tumbling

|   | MON     | TUE     | WED          | THU     | FRI | SAT      |
|---|---------|---------|--------------|---------|-----|----------|
| <b>Tumble L1</b><br>1X/Wk 1 Hr \$90/mon; 2X/Wk \$150/mon  |         | 5:30 PM | 5:30 PM      | 5:30 PM |     | 12:15 PM |
| <b>Tumble L2</b><br>1X/Wk 1 Hr \$90/mon; 2X/Wk \$150/mon  | 6:45 PM | 6:45 PM | 6:45 PM      | 6:45 PM |     |          |
| <b>Tumble L3+</b><br>1X/Wk 1 Hr \$90/mon; 2X/Wk \$150/mon |         | 8:00 PM | 7:00 PM (T3) | 8:00 PM |     | 12:15 PM |

**\*New Class Pending**

## OPEN GYMS

|  | MON         | TUE | WED         | THU | FRI         | SAT       |
|--|-------------|-----|-------------|-----|-------------|-----------|
| <b>M-W-F Weekday Open Gym</b><br>Weekdays: August-May ONLY | 11:30-12:45 |     | 11:30-12:45 |     | 11:30-12:45 | 2:30-4:00 |

**Saturday Open Gym: Year Round!**

**Updated 9/28/2023**

**Weekday Open Gym: \$5 per child; Max \$12 per family**

**Saturday Open Gym: \$8 per child**

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