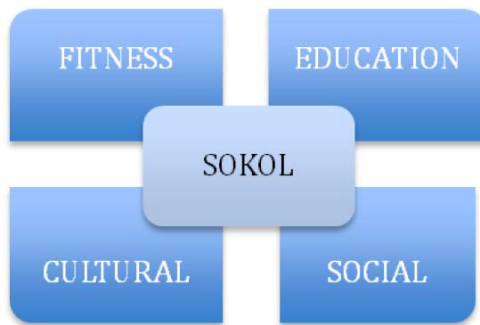




## THE CORE OF THE COMMUNITY



For over 143 years American Sokol remains an organization dedicated to the physical, mental, and cultural advancement of its members, the youth and adults that attend its programs and the local communities we serve.

Convenient location, affordable and ready to be the core of your community.

fee is waived for registrations completed prior to the first day of classes. For any child registration on or after the first day of class, there is a \$25.00 fee. All fees and registration papers must be fully completed before you or your child may participate in class.

**REFUND POLICY:** There are no refunds after the third week of class. During the first three weeks of class, a refund for a dropped class will be issued less \$75.00. American Sokol reserves the right to recommend dismissal if a child's behavior creates a safety hazard to him/herself or to the other children in the class. If a student is dismissed because of improper conduct or unsafe behavior, all class fees are automatically forfeited.

**RETURNED CHECK FEE:** Full payment is due at the time of registration. A \$25.00 fee is charged for any check returned for non-payment.

**CREDIT CARDS:** Credit card payments will be processed through the American Sokol National Office. American Sokol takes Visa, MasterCard, Discover and Amex. A \$5.00 processing fee will be added to the transaction.

**INSURANCE DISCLAIMER:** American Sokol does not carry medical, accident or loss of personal property insurance for any program participant, member or guest, due to the fact that this would drastically increase the cost of our program fees. Please review the insurance policies that protect you and your family to be certain that proper coverage is in place.

**1602 S CLARENCE AVE  
BERWYN IL  
CONTACT: KEN FRON  
708.969.2334**

**REGISTRATION FEE:** The registration



## TABOR SUMMER PROGRAMS

**JULY-AUGUST 2009**

**FITNESS & FUN  
FOR THE WHOLE  
COMMUNITY**

**SIGN UP NOW!**

**CLASSES START JULY 6<sup>TH</sup>!**

**1602 S CLARENCE AVE**

**BERWYN IL**

**CONTACT: KEN FRON**

**708.969.2334**

**SOKOLCORE  
FITNESS CLASSES**

Sokol's own Fitness programs are designed specifically for each age group. Over 400 different exercises. *\$100 for (2classes per wk), \$150 (4 classes per week)* 75 Minute Classes.

### SENIOR FITNESS

Age 60+. Help keep muscles and joints moving, while improving fitness levels. M-11:30, T-9:30, Th-11:30, F-9:30

### ADULT FITNESS

Ages 13-59. Get fit and have fun doing. Basic/Advanced fitness class to help arms, legs, core, cardio, and flexibility. M-7:15, T-7:15, Th-7:15, F-7:15

### DANCE CLASSES

*\$100(2 classes a week), \$150 (5 classes a week)* 60 Minute Classes

### **AYP (Aerobics, Yoga & Pilates)**

M-9:00, T-5:30, W-10:00, Th-10:30, F-3:30

### **HIP HOP / JAZZ- All ages**

M-12:00, T-4:00, W-2:30, Th-1:30, F-2:00

### **BALLET- MODERN – All ages**

M-10:30, T-2:30, W-1:00, Th-12:00, F-11:00

### **POMS TECHNIQUES – All ages**

M-1:30, T-1:00, W-11:30, Th-9:00, F-12:30

### WORKOUT ROOM

**\$35**

Brand New Modern Fitness Center. Includes Four Stack, Cardio Equipment, Free Weights, and More

### GYMNASTICS

Progressive skills to learn the sport of gymnastics  
*\$100 (2classes per week), \$150 (5 classes per week)* 60 Minute Classes

### Girls 1 – 6-9 yrs old

M-10:00, M-5:30, T-2:00, W-9:00, Th-12:30, Th-5:30, F-11:30

### Girls 2 – 10-12 years old

M-2:00, M-6:30, T-11:30, W-1:45, Th-10:00, Th-6:30, F-12:45

### Girls 3 - 13 and older

M-12:00, M-7:30, T-10:00, Th-11:15, Th-7:30, F-2:00

### Boys 1 – 6-9 years

M-10:00, T-2:00, T-5:00, W-9:00, Th-12:30, F-11:30, F-5:00

### Boys 2 – 10-12 years

M-2:00, T-11:30, T-6:00, W-1:45, Th-10:00, F-12:45, F-6:00

### Boys 3 – 13 and older

M-12:00, T-10:00, T-7:00, Th-11:15, F-2:00, F-7:00

COMPETITIVE GYMNASTICS- all ages  
*specifically designed for learning American Sokol and USAG Routines.*  
W-4:00, F-3:30

### **TUMBLING**

**\$75**

Cheer and gymnastic tumbling. Learn from basics to advanced skills.  
M-3:30, T-12:15, W-10:15, Th-9:00

### **MINI TRAMP**

**\$75**

Progressive acrobatic diving, flipping and twisting.  
M-9:00, T-3:15, W-12:15, F-9:30

### TODDLERS

### TOT FITNESS

Age 3-5. Beginner gymnastics designed to improve basic motor functions and learn fitness.

M-10:00, M-2:00, T-11:00, W-12:00, Th-11:00, F-10:00

### **PARENT & TOT FITNESS TOGETHER!**

Parents and infants to 2 years of age.  
M-9:00, M-1:00, T-10:00, W-11:00, Th-10:00, F-9:00

### SPECIAL CLINICS

Volleyball, Basketball, Pyramids, Combat classes, Handball, Ultimate Frisbee, for all ages. Contact us for more information.

### PRIVATE LESSONS AVAILABLE

We are offering Private Gymnastics, Dance, Volleyball, Basketball and Fitness Lessons. Please contact us for more information.

### BIRTHDAY PARTIES

We offer non-catered birthday parties. Activities can include Basketball, Volleyball, or Gymnastics.  
Time – 90 Minutes (45 Minutes in Gymnasium, 45 Minutes in Birthday Hall)  
Price - \$100  
Number of Kids – 12 (Additional \$50 for 13 - 18 kids)  
Please contact us for more information.

### BABYSITTING

Please contact us for more information