

Mondays

Silver Gymnastics 3-7 yrs	Silver Gymnastics teaches the fundamentals, including: forward and backward rolls, cartwheels, body position and balancing.	1/11/10-3/22/10 3:30-4:30pm	\$221M/\$252NM
Gold Gymnastics 5-10 yrs	Gold Level requires that participants have some previous gymnastics experience. The class introduces back bends, handstands, walkovers, and beginning routines on the apparatus.	1/11/10-3/22/10 4:30-5:30pm	\$221M/\$252NM

Tuesdays

Tae Kwon Do Beginner 5-9 yrs	Introduction to one of the world's greatest martial arts. Taught by Champion Tae Kwon Do Institute.	1/12/10-3/23/10 3:45-4:45pm	\$232M/\$310NM
Tae Kwon Do Advanced 6-15 yrs	This class is for advanced students who have receive belt promotions.	1/12/10-3/23/10 4:45-6:00pm	\$310M/\$414NM
Swift Fencing 7-15 yrs	Introduction to the remarkable world of fencing. Taught by Andrew Margolskee (University of Chicago's foil captain)	1/12/10-3/16/10 3:30-4:30pm	\$237M/\$258NM

Wednesdays

Akiba Sports Shorts 4-8 yrs	Sports Shorts helps build gross motor skills and coordination while emphasizing good sportsmanship and fair play. Sports included in this class are soccer, basketball, volleyball, kick ball, flag football, and more.	1/13/10-3/24/10 3:30-4:30pm	\$184M/\$244NM
Sports Shorts 4-8 yrs	(see above)	1/13/10-3/24/10 4:00-4:50pm	\$184M/\$244NM
Swift Fencing 7-15 yrs	(see above)	1/13/10-3/17/10 3:30-4:30pm	\$237M/\$258NM

Thursdays

Hip Hop-Aerobics 7-9 yrs	A high energy class that combines the latest appropriate kids hip-hop dance moves and exercises.	1/14/10-3/25/10 3:30-4:30pm	\$176M/\$233NM
Jr. NBA FIT 6-13 yrs	An instructional league that teaches the basics of the game. One hour practice followed by scrimmages and plenty of one-on-one assistance. In-house league so parents never have to worry about traveling. Great for beginners and advanced players!	1/14/10-3/25/10 3:30-5:30pm	\$206M/\$258NM

For more information, call: 773.753.3080
Hyde Park JCC - 5200 S. Hyde Park Blvd.

Register online at gojcc.org