



## GYMNASTIC/TUMBLING CLASS DAYS AND TIMES FOR 2011-2012

Tots Class (Age 3-5)	Tuesday & Friday	4:15 – 5:15 p.m.
First Class Girls (Age 6-8)*	Monday & Thursday	5:15 – 6:30 p.m.
Second Class Girls (Age 9-11)*	Monday & Thursday	6:30 – 7:45 p.m.
Junior Girls (Age 12-17)*	Monday & Thursday	7:45 – 9:00 p.m.
Women (Age 18+)	Monday & Thursday	9:00 – 10:15 p.m.
Adult Co-Ed (Age 18+)	Tuesday	9:30-11:30 a.m.
First Class Boys	Tuesday & Friday	6:00 – 7:00 p.m.
Second Class Boys	Tuesday & Friday	7:00 – 8:00 p.m.
Junior Boys	Tuesday & Thursday	8:00 – 9:00 p.m.
Men	Tuesday & Friday**	9:00 – 10:00 p.m.

\*Rhythmic Gymnastics with competition in December

\*\*Volleyball competition with other Sokols during the Fall

Instructors are U.S.A.G. safety certified and are Red Cross CPR trained.

Located at 3909 S. Prairie Avenue, Brookfield, Illinois 60513 (2 blocks north of stoplight intersection of Prairie and Ogden Ave)

[info@sokolspirit.org](mailto:info@sokolspirit.org) or call Kathy Barcal 708/955-3269

**REGISTRATION for classes held September thru May: FRIDAY, SEPTEMBER 9, 2011, 7:00p.m. or during classes in September**

**Nazdar! See you there!**

### ***SOKOL SPIRIT FITNESS CLASSES and EVENTS...also starting this fall!***

**\*CLINICS focused on Volleyball, Basketball, and Cheerleading scheduled before the season starts giving the student a chance to prepare for school and private team tryouts**

**\*Weekly Classes on Yoga and Kickboxing.....and much more**

**\*Gym Wheel/Aerial Arts Classes...ages 4 to Adults welcome**

**\* Cirque de Sokol Show in December on Friday the 16<sup>th</sup> and Saturday the 17<sup>th</sup> Show planned where students will be performing in their own Circus complete with aerial acrobatics and wheel performances from Sokol's gymnastic and Big Wheel class!**

**[activities@sokolspirit.org](mailto:activities@sokolspirit.org) or call Lauren Classen 708/655-9260**

**Please visit [www.sokolspirit.org](http://www.sokolspirit.org)**

**More information please visit**

**[www.sokolspirit.org](http://www.sokolspirit.org)**

3909 Prairie Avenue, Brookfield, Illinois 60513-2143



Re: 2011-12 Sokol Spirit Gymnastic year registration, Friday, September 9<sup>th</sup>, 7p.m.

Dear Parents:

The school has graciously allowed Sokol Spirit to send this letter home with your student. On the reverse side you will find information regarding the Sokol physical fitness programs. The program are open to boys and girls at our Sokol Spirit gym which is located at 3909 Prairie Avenue in Brookfield. (Two blocks north of the intersection of Ogden Avenue and Prairie Avenue stoplight.)

Sokol Spirit is a not-for-profit organization. We have been active in the community since 1929. The American Sokol Organization, Brookfield, Illinois has been active nationally since 1865. The Sokol program stresses strong character, positive self-image, respect for others, teamwork, and sound physical development.

The Sokol Program is more than progressive artistic/rhythmic gymnastics and calisthenics. We also have competition in volleyball, track and field, and three on three basketball as part of class. When there is organized competition, your youngster competes only against others of like ability. Each student has an equal opportunity at being successful.

There are also social activities like Halloween parties. We also have a party at the Brookfield Zoo where we decorate a Christmas tree and work with the local LaGrange Nurses Association' Secret Santa program. There is plenty of activity for children from the age of three on up!

REGISTRATION IS FRIDAY, SEPTEMBER 9<sup>th</sup>, 7:00 P.M. at the Sokol Gym. If you wish more information please contact Kathy Barcal at 708/955-3269, or [info@sokolspirit.org](mailto:info@sokolspirit.org). If you have received this flyer after September 9<sup>th</sup>, please call or e-mail to see if there is still room to register for the coming 2011-12 season. More info at [sokolspirit.org](http://sokolspirit.org).

Sokol Spirit wishes you and your student a great successful school year.

Respectfully,

Adam Wilt    Deb Simik                      Ken Nagel                                      Kathy Barcal                      Howie Maskill  
President    1<sup>st</sup> Vice President    2<sup>nd</sup> Vice President    Womens and Mens Physical Ed. Directors

**“This school neither endorses nor sponsors the organization or activity represented in this material. The distribution or display of this material is provided as a community service.”**