



FOR IMMEDIATE RELEASE

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Winter/Spring Preschool Gymnastics Classes

At the Downers Grove Park District

DOWNERS GROVE, ILL. - Introduce your child to physical fitness and fun through preschool gymnastics. Developmentally appropriate activities in a safe and supervised environment promote social skills, develop spatial awareness, improve large motor skills, and keep your child active.

Rock 'n Rollers for parents and children 18 months to 3-1/2 years offers an introduction to apparatus in a stimulating environment.

Little Rascal Rhythmic Gymnastics for 3- to 5-year-olds incorporates dance, basic tumbling and music with the use of hand apparatus.

Cartwheelers introduces 3-1/2- and 4-year-olds to balance beams, uneven bars, vaulting and tumbling. Level I and level II classes are offered.

Morning, afternoon and evening classes are available to meet your busy schedule. Fees vary, based on class. All classes take place at the Recreation Center, 4500 Belmont Road. Session one begins the week of January 9. Registration is now underway at the Lincoln Center, 935 Maple Avenue, Recreation Center, 4500 Belmont, or online at www.dgparks.org.

The Downers Grove Park District is dedicated to providing a wide variety of year-round recreation programs, facilities, parks, open space and natural areas that respond to the articulated needs and desires of residents. For more information, call (630) 963-1300, or visit www.dgparks.org.