

GYMQUEST

Innovative gymnastics and cheer tumbling programs

DanceQuest

creative dance programs

Proud partner with



Oswego Family YMCA
The Y Sports Complex

Off-site classes available at the locations
above

GymQuest of Plainfield, LLC

DanceQuest

14511 Van Dyke Rd.

Plainfield, IL 60544

815.609.6360

www.gymquest.com

www.dancequestdance.com

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Open Gym

Junior Rec. Open Gym

Ages: 6 mos. - 6 yrs.
Days and Times: M, W, F 1:00-2:30 pm
 M, F 10:00-11:30 am
Price: \$5 students \$7 non-students

Every child who enters the gym must pay the open gym fee. Every child must have a waiver signed by a **parent** to enter the gym.

Rec. Open Gym

Ages: 6 yrs - 12 yrs (non-students)
 6 yrs - 17 yrs (GymQuest students)
Days and Times: Fri & Sat 7:00-9:00 pm
Price: \$10 students \$12 non-students
 Ages will be checked at time of sign in.

Every child must have a waiver signed by a **parent** to enter the gym.

Family Open Gym

Ages: 6 mos. - 12 yrs
Days and Times: Sunday 5:00-7:00 pm**
Price: \$15 student families (at least one student in a GQ or DQ class)
 \$20 non-student families (no students currently enrolled in class)

Parent or adult must accompany children and be in the gym with children. Adults are not allowed on the equipment but are required to be there to help supervise their children.

Every child must have a waiver signed by a **parent** to enter the gym.

**** No open gym on Sundays June, July & August**

Session Dates: Winter - January 17 - March 26, 2011

Spring - March 28 - June 4, 2011

\$30 annual fee per student - schedule subject to change

Classes meet once per week unless otherwise noted.

45 Min classes - \$120

Tiny Tot - ages 1 (walking) to 2

Tue 9:15 am
 Sat 9:15 am

Parent Tot - ages 2 to 3.5

T 10:15am, 6:15pm
 W 10:15am, 5:15pm, 6:15pm
 Sat 10:15am, 11:15am

1 hour classes - \$145

Preschool - ages 3.5 to 4

M 9:00am, 6:10pm
 T 9:00am, 10:05am, 11:10am, 1:00pm,
 2:05pm, 5:05pm
 W 10:05am, 5:05 pm, 6:10pm
 Th 10:05am, 1:00pm, 2:05pm, 4:00pm,
 5:05pm
 F 4:00pm, 5:05pm
 Sat 9:00am, 10:05am, 11:10am

Kindergym - age 5

M 5:05pm
 T 9:00am, 10:05am, 11:10am, 1:00pm,
 2:05pm, 5:05pm, 6:10pm
 W 10:05am, 5:05pm, 6:10pm
 Th 10:05am, 1:00pm, 4:00pm, 5:05pm
 F 4:00pm
 Sat 9:00am, 10:05am, 11:10am

Beginner Girls - ages 6+

M 5:05pm, 6:10pm
 T 4:00pm, 5:05pm, 6:10pm
 W 7:15pm
 Th 5:05pm, 7:15pm
 F 5:05pm
 Sat 9:00am

Beginner Boys - ages 6+

T 5:05pm
 Sat 9:00am

Beginner Tumbling - ages 6+

M 4:00pm, 6:10pm
 T 7:15pm
 W 7:15pm
 Th 5:05pm, 6:10pm, 7:15pm
 S 11:10am

Boys Tumbling - ages 6+

Sat 10:05am

Advanced Beginner Girls - ages 6+

M 5:05pm
 W 6:10pm, 7:15pm
 Th 4:00pm, 6:10pm
 Sat 10:05am

Advanced Beginner Boys - ages 6+

Th 5:05 pm

Advanced Tumbling - ages 6+

M 4:00pm, 7:15pm
 T 7:15pm
 Sat 11:10am

Elite Tumbling - ages 6+

M 5:05pm, 7:15pm
 W 7:15pm
 Sat 11:10am

1.5 hour classes - \$165

Intermediate Girls - ages 6+

W 4:00pm, 5:35pm

Specialty Classes

Advanced Girls - ages 8+

T/TH 5:05pm-6:35pm \$280

High School Girls - ages 13+

T/W/Th 3:30-6:00pm \$450

Gymnastics Classes

Parent and Tiny Tot-ages 12 mos. (walking) - 1.9

This class provides an opportunity for a parent and younger tot to begin exploring movement and learning in a bright, fun and safe environment. Music, small manipulatives, obstacle courses and gymnastics equipment will be used as parent and tot together work on fine and gross motor development.

Parent and Tot ages 2 - 3.5

This class offers parents and their child the chance to work together learning, gymnastics body positions, balance and cooperation through the use of musical tapes, obstacle courses, along with actual gymnastics apparatus. Parents should be ready to be involved in the class.

Preschool - ages 3.5 - 4, Kindergym - age 5

These classes help develop coordination, agility, strength, balance, flexibility, motor skills and most importantly, self esteem. We focus on safety, encouraging kids to do their best, and to believe in themselves. This program develops each child's individual physical capabilities. It is an overall view to gymnastics with the introduction to apparatus. This class also develops foundational skills and improves the child's social interaction.

Beginner Girls - ages 6 - 17

This class is for the beginner gymnast who is interested in learning the basics. Development of strength, flexibility, coordination and balance are taught using a formal gymnastics curriculum. All women's Olympic Apparatus will be used and correct warm-up, stretching and body positions are introduced and used throughout the program.

Advanced Beginner through Advanced Girls - ages 6 - 17

These classes offer skill development on each piece of women's apparatus, with fundamentals and correct technique being taught all in a fun and encouraging atmosphere.

Beginner through Advanced Boys - ages 6 - 17

These classes are designed to develop strength, flexibility, agility and endurance through skills specifically for boys. All men's Olympic apparatus will be used and correct warm-up, stretching and body positions are introduced and used throughout the program. Gymnastics is a great foundation for all sports.

Tumbling Beginner through Elite - ages 6-17

Our program will benefit cheerleaders of every caliber-from the beginner (all ages) to the experienced. The program is divided into three different skill levels to help maximize the amount of instruction and attention given to each student. The curriculum ranges from learning the terminology and correct body positions, which lead to the perfection of each skill.

High School - ages 14-17

This class is designed for the high school gymnast who wants to improve and develop new skills in the off season. Gymnasts will work on all apparatus.

Open Gym Rules

Open Gym rules must be followed at all times. Failure to abide by GymQuest rules and policies could result in you being asked to leave.

1. Only children who are 6 mos. - 6 yrs are allowed to attend Jr. rec. open gym. All children who enter the gym must pay the open gym fee. Special age exceptions are allowed on Wednesday and during the summer months at the 1:00 open gym times.
2. Parents may not enter the gym except during Jr. rec. open gym.
3. No strollers, slings or carriers are allowed in the gym.
4. Do not bring cell phones, purses, or valuables into the gym. Items may fall out of your pockets and become lost in the pit or under a trampoline.
5. No shoes are allowed in the gym.
6. No food or drink is allowed in the gym.
7. Adults are not allowed on the equipment, including the pit, inflatables, trapeze, and trampolines.
8. Only GymQuest team members are allowed on the competition equipment. This includes the uneven bars, high beams, high bar, and rings.
9. One person at a time on the trampolines, tumble tracks, and trapeze.
10. Only one person may slide down the slide at a time.
11. No running in the gym.
12. No horseplay.
13. When using the pit you must land on you feet or back in an open tuck position. Do not attempt to flip into the pit unless assisted by a GymQuest staff member.
14. No jumping from mats onto the trampolines, or jumping from trampoline to trampoline, or from trampoline into the pit.
15. Rec. open gym participants must stay in the gym unless authorized to leave by a GymQuest staff member.

Birthday Parties

Gymnastics Party

- 25 children included (max)
- Invitations
- Paper products (cups, plates, napkins, forks, spoons)
- 1 hour in gym w/ instructor & 2 huge inflatables, trampolines, foam pits, trapeze and ropes!
- 45 minutes in party room w/ refrigerator/freezer, tables, chairs and place mats
- Set-up, clean-up and coach in gym for your party
- Birthday party child gets a free T-shirt

A parent signed waiver is required for each participant

Price: \$225



Dance Party

- 15 children included (max)
- Invitations
- Paper products (cups, plates, napkins, forks, spoons)
- 1 hour in studio
- 45 minutes in party area with access to a refrigerator/freezer, tables and chairs
- Set-up, clean-up and coach for your party
- Birthday child gets a free DanceQuest T-shirt

A parent signed waiver is required for each participant

Price: \$175

Princess Ballet Party:

Learn fun steps and play dance games while dressing up in princess skirts and crowns.

Hip Hop Birthday Party:

Learn cool hip hop moves and make up some of your own. Play fun hip hop games too!

Additional items available:

- Goodie bags - \$2.65 per person

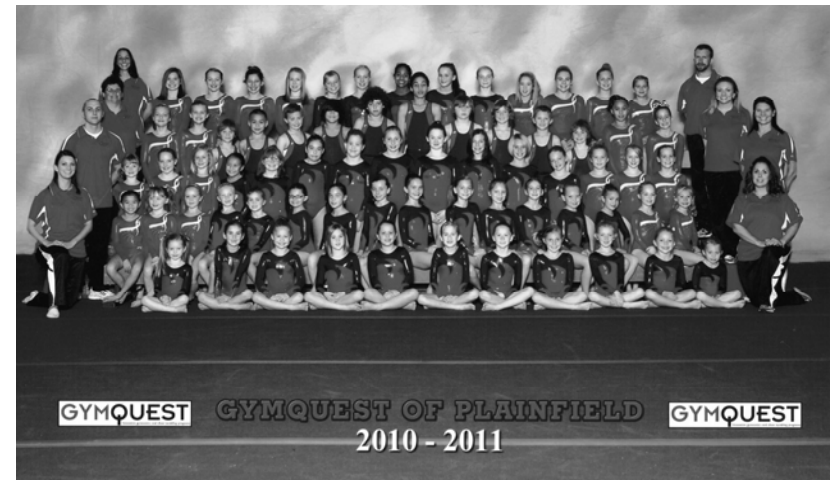
Parents will receive a birthday party package upon booking their child's party. Package will include a confirmation letter which notes the specifics of your party, invitations, photo release form, and coupons for additional items. Please mail back the confirmation letter at least one week before your party. Party participants must have a waiver filled out and signed by their parent in order to participate in the birthday party. Waivers are available at the front desk or you can download one from our website at www.gymquest.com or www.dancequestdance.com.

Competitive Gymnastics

GymQuest participates in a Recreational gymnastics conference, and also USA Gymnastics Sanctioned events.

Our dedicated coaching staff places the gymnasts onto the team that they feel is the most appropriate for the gymnast. They then advance through the different competition levels at their own pace and comfort level.

If you are interested in joining the team, please contact our Team Director, Carly Wade at 815.609.6360 to set up a meeting. For boys, contact Matt Speedy, Head Boys Coach, at 815.609.6360 to set up a meeting.



AAU Team

Level 3	W/F	4:00-6:00pm
Level 4	B T/TH	4:00-6:30pm
Level 4	A T/Th	6:00-8:30pm
Level 5	T/Th	6:00-8:30pm

USAG Team

Level 4	M/W/F	4:00-7:00pm
Level 5	M/W/Th	5:30-9:00pm
Level 6	M/T/W/Th	5:30-9:00pm
Level 7	M/T/W/Th	5:30-9:00pm
Level 8	M/T/W/Th	5:30-9:00pm
Optional practice		
Level 5+ S		10am-1pm

USAG Boys Team

Level 4	M/W	4:00-6:00 pm
Level 5-6	M/W	6:00-8:30pm
Level 4-6	S	9:00-11:00am

Clinics & Workshops

Flip Flop Clinics

GymQuest offers flip flop clinics on Fri days from 4:00-6:00 pm. There may be times when additional clinics will be available. Please check the information table for additional clinics.

Cost: \$35/clinic

Times: 4:00-6:00 pm



Gymnastics/Dance Camp

Come and enjoy the best that GymQuest and DanceQuest has to offer. Four days of gymnastics and dance instruction. Two days will focus on dance with a focus on ballet, jazz and hip hop while the other two days will focus on gymnastics. We will have instruction time as well as craft time. Please bring a light snack and water.

Dates: June 27-30

July 18-21

Ages: 5+

Time: 9:00-11:30am

Fee: \$125

Princess Ballet Camp

Learn ballet steps as we share princess stories, dress up and dance. Dancers will work on a craft to take home, and learn a dance to perform for their parents on the final day.

Dates: Ages 3-4 July 12-14

Ages 5-6 July 26-28

Time: 9:00-10:30am

Fee: \$75

Dance Jam Camp

This four day camp covers four different styles of dance from the beginner to the intermediate level dancer. Learn ballet, jazz, lyrical, and hip hop technique and perform on the final day.

Date: August 1-4

Ages: 6+

Time: 9:00-11:30

Fee: \$125



Pom Camp

Pom camps are loads of fun! Dancers will be introduced to pom technique, learn a full routine, and perform at the end of the week.

Ages: 5+

Time: TBD

Date: TBD

Fee: \$

Special Events & Private Lessons

Private Lessons

GymQuest offers private lessons for gymnasts and dancers ages 6 and up. The lessons can be used to get that one skill that you are so close to accomplishing, to polish all of your skills to help you move to the next level, or to just improve your overall gymnastics, tumbling or dancing. Call the front desk to schedule your lesson. Coaches and instructors availabilities vary. Please inform the desk which coach you would like to have a lesson with, and they will then get the availability for that coach or instructor and schedule the lesson. Payment for lessons must be made at time of scheduling.

Price: \$75 /hour one student

\$100 / hour two students

Special pricing is available when booking multiple lessons. Please see the desk for package pricing.

DanceQuest Private Lessons

DanceQuest offers private lessons in ballet, jazz, hip hop, lyrical, and pom technique. Lessons will be scheduled based on studio and instructor availability. Ballroom and Latin dance lessons are available for singles, couples, and groups. Call 815.609.6360 to schedule.

Bouncin' with the Easter Bunny

Come to GymQuest and bounce with the Easter bunny. The Easter Bunny is making a special trip to GymQuest to hand out Easter eggs to all the kids. Don't miss out on all of the fun with the Easter bunny.

Date: April 16

Time: 2:00-4:00

Fee: \$5 per child



Dance Classes

Winter - January 17-March 26, 2011
 Spring - March 28 - June 18, 2011
 \$30 annual fee per student - schedule subject to change

Pre-Ballet I Age 3, Pre-Ballet II Ages 4-5

An introduction to ballet technique for the young dancer. Learn ballet positions, skip, hop, gallop, leap and more. Wear a leotard, pink tights, pink leather ballet shoes. Hair securely pulled back off of face.

Pre-Ballet/Tap I Age 3, Pre-Ballet/Tap II Ages 4-5

An introduction to ballet and tap technique for the young dancer. During the first half of class learn ballet positions, skip, hop, gallop, leap and more. The second half of class focuses on tap rhythm and coordination. Wear a leotard, pink tights, pink ballet shoes and black tap shoes. Hair must be pulled back off of face.

Pre-Jazz Age 5-6

This is an introduction to jazz style dancing for 5 and 6 year olds. Work basics such as isolations, turns, jumps and leaps. Jazz requires a strong technical foundation stemming from ballet technique. Wear a leotard, pink or black tights, jazz pants, black leather jazz shoes or ballet shoes. Hair pulled securely off face in bun or ponytail.

Ballet Ages 6+

Learn classical ballet technique that builds the strongest foundation of dance. Start with the fundamentals including basic positions and movements, body alignment, and strengthening and flexibility. Wear a solid colored leotard, pink tights, pink leather ballet shoes with hair secured in bun.

Tap Ages 6+

Gain rhythmic awareness while learning basic tap steps that progress into more challenging sequences. Wear a solid colored leotard, pink tights and tap shoes and hair secured in bun or ponytail.

Jazz Ages 6+

Jazz technique begins with alignment and basic coordination. Class includes body isolations, jumps, turns, leaps, and explores the various styles of jazz dance. Wear a solid colored leotard or T-shirt/tank top. Jazz/fitness pants (no baggy clothes), black jazz shoes. Hair secured in bun or ponytail.

Hip Hop Ages 6+

Learn quick, sharp movements, isolations, and musicality in one of the most popular forms of dance. Wear a leotard or T-shirt/tank top, jazz/fitness pants (no baggy clothes), black jazz shoes, dance sneakers, or socks. Boys may wear T-shirts and black fitness pants, black ballet or jazz shoes or socks. Hair secured in bun or ponytail.

Dance/Gym Combo Ages 3-5

Students will learn 30 minutes of ballet technique in the dance studio (positions, skips, chasse, turns, and jumps) followed by 30 minutes of gymnastics skills in the gym (forward and backward rolls, cartwheels, balance beam, bars, etc).

Poms ages 5+

This class will teach skills such as arm positions, turns, kicks, jumps, leaps, and choreography. Students will also get to practice with the poms and learn pom tricks.

Lyrical ages 12+

Lyrical is a combination of ballet and jazz technique and will focus on improving turns, jumps, and choreography.

Ballroom/Latin dance

This class will cover waltz, fox trot, swing, tango, mambo, and cha cha. Great dances to learn for weddings, cruises, and general social dance.

Must be potty trained to participate in the following classes

Pre-Ballet I age 3 \$114

M 9:15-10:00am

Pre-Ballet/Tap I age 3 \$114

T 9:15-10:00am

Th 4:15-5:00pm

S 9:15-10:00am

Pre-Ballet II ages 4-5 \$150

M 10:05-11:05am

T 11:10-12:10pm

W 6:10-7:10pm

Th 9:00-10:00am

Pre-Ballet/Tap II ages 4-5 \$150

M 11:10-12:10pm, 4:00-5:00pm

T 2:05-3:05pm, 4:00-5:00pm

S 10:05-11:05am

Dance/Gym Combo \$162

W 9:00-10:00am ages 3.5-4

S 9:00-10:00am age 3.5-5

Poms ages 5+ \$137.50

S 11:10-12:10pm

Ballet/Jazz Combo ages 6-7 \$150

W 6:10-7:10pm

Ballet/Tap Combo ages 6-7 \$137.50

M 5:35-6:35pm

Ballet I ages 6+ \$150

T 5:35-6:35pm

Th 4:00-5:00pm

Instructor approval required for the following classes marked w/ an asterisk

***Ballet IB** \$150

W 5:05-6:05pm

Th 5:05-6:05pm

***Ballet II** \$180

T 5:05-6:35pm

***Ballet III** \$165

M 5:05-6:35pm

***Ballet III/Prepointe** \$180

Th 5:05-6:35pm

Jazz I ages 6+ \$150

M 6:35-7:35pm

W 4:00-5:00pm

***Jazz II** \$150

Th 6:10-7:10pm

***Jazz III** \$150

T 6:35-7:35pm

Teen Jazz \$150

T 7:35-8:35pm

Hip Hop ages 6+ \$150

T 4:30-5:30pm

S 10:00-11:00am

Boys Hip Hop ages 6+ \$150

W 4:00-5:00pm ages 5-7

W 5:05-6:05pm ages 8+

Teen Hip Hop ages 12+ \$150

TH 7:15-8:15pm

Teen Lyrical ages 12+ \$150

W 7:15-8:15pm

Ballroom/Latin \$165

M 6:35-8:05 Junior ages 8+