

# AMERICAN GYMNASTICS & PRESCHOOL HAS STOOD THE TEST OF TIME

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In 1986, Linda Lynch founded American Gymnastics & Preschool which occupied locations in Lisle and Naperville. Twenty years ago, the business moved into their permanent home at 881 Shoreline Drive in Aurora (near the intersection of Ogden Avenue and 75<sup>th</sup> Street, (630/851-5437). The family owned and operated business is managed today by daughter, Director Alisha Millard.

The Gymnastics program offers classes for tots through 12<sup>th</sup> grade, with beginning through advanced level skills. For those who wish to be more involved, there is a pre-competitive and competitive team. USAG & AAU affiliated, gymnasts can compete locally, regionally and nationally.



The fully equipped gym includes boys and girls apparatus and developmental equipment, an in-ground trampoline and foam pit, 2 competitive floors, a tumble track and observation area. There are classes for those with special needs, home schoolers, preschool girls and boys, recreational girls and boys, Tumbling girls and boys, Pre-Team girls at five levels and Team members by invitation. All classes are conveniently scheduled on several days and times each week. New students are encouraged to call to schedule a free trial class. Popular special events of the program are birthday parties, field trips, private lessons, an open gym and parents' nights out. All different types and colors of Leotards are sold in the school office.

Recently, the program was honored by a visit from Olympic gymnast Nastia Luiken who talked to students and signed autographs.

Special upcoming events include Halloween Open Gym, Tuesday, October 24<sup>th</sup> from 9 – 10:15 AM for those ages 1 – 5 with adults, and Friday, October 27<sup>th</sup> from 7 – 9 PM for those 5 to 12 years of age. Those attending should wear costumes; they will enjoy games and prizes and are encouraged to bring a friend.

A Winter Break Gymnastics Clinic will take place Wednesday, December 27<sup>th</sup> from 10:30 AM to 3:00 PM. The event is designed to help alleviate the boredom of the school holiday break. Those attending will learn gymnastics skills, play games and watch demonstrations. Lunch can be brown bag or added; call for info and to register.

The Preschool program consists of a morning or afternoon half-day academic curriculum for 2 – 5 year olds, with specialized music and computer sessions, Science and Spanish. Students use the large gym facility for physical education. The daily preschool schedule also includes free play, individual instruction, Arts & Crafts, drama, Story time and Snacks plus an end of day review. The primary concern of the program is the growth and development of students through carefully organized physical, academic and fine art activities plus the satisfaction of the emotional and social needs of each child. Parents receive weekly and monthly newsletters from teachers outlining and describing activities and the accomplishments of their students. All special events appear on the monthly calendar. One field trip is scheduled during the fall and one spring end of the year celebration is held. Because birthdays are special, parents are asked to donate a book to the school which can be read by them during story time.

American Preschool is state licensed and the staff of 20 qualified degreed teachers ensures that the one to four ratio of kids to instructors is always maintained. The result is an environment that is fun, challenging and exciting as children are prepared socially, physically and academically for kindergarten. Students can participate in both the preschool and gymnastics classes.

American is happy to share some of their building with Eagle Academy of Martial Arts (630/825-5425). A family based program that stresses core values of respect, discipline and self-control in addition to the physical aspect, Millard says that Eagle Academy is a perfect addition to her programs.

See their ad in this and future issues of the Fox Valley News Shopper and be sure to mention you read about them when you call.

