

7 Waukegan Road, Deerfield • (224) 269-0004 • GETROOTZ.COM

SPRING HAS SPRUNG AT RootZ



SPRING SESSION: APRIL 1 – MAY 31, 2024

Programs & Classes for Ages 0-18

Relevé
Dance

Fitness

Enrichment

Music

AND
MORE!



ENRICHMENT • THEATER & MUSIC • FITNESS

BROADWAY & ME (STAGES)

Each week, little Broadway fans and caregivers are introduced to exciting new songs, characters, and stories as Broadway musicals are brought to life. Each class features a different Broadway show and incorporates activities that are designed to support your little one's physical, cognitive, social-emotional, and language development while offering individualized attention and encouragement!

CHEER/TUMBLE

This class is designed for students that really want to learn about the sport and execute their skills. Cheer/Tumble will focus on the "basics" of cheerleading including motions, jumps and executing technique. The tumbling portion of class will be a wonderful place to build strength and flexibility while having fun.



GYM JAM

This parent and child class has options for every stage of your child's development.

CRAWLERS: This class is aimed towards our crawlers, ages 6-12 months. Join us for a 30 minute class, incorporating familiar songs and music, play, and exploration in our gymnasium!

WALKERS: Geared to our little ones, this class is aimed for our "early walkers", ages 12-18 months. Join us for a 30 minute jam-packed class where the child and loved one together will explore play structures, while enjoying music, tumbling, and more!

RUNNERS: Join us for a 45 minute class full of fun while simultaneously exploring basic tumbling skills, and building strength and flexibility. The suggested age for this class is 1.5-2.5, or when they are fully on the move!

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Self-Defense / Martial Arts Classes Midwest Academy of TaeKwon-Do

Classes on Tuesday Evenings:
Children 7 to 12 - 6:45 to 7:45pm
Teens & Adults - 7:45 to 8:45pm

Become part of our martial arts family! Registrations are taken directly by Midwest Academy of TaeKwon-Do. Ask us about free trial classes!

Contact Dan Valin at 847-815-0898 or Email: matkd@prodigy.net

IMPROV

Improvisation is the art of acting without a script. This class will introduce kids to the basics of performing and help develop self-confidence on and off stage. We offer a supportive, fun environment for children to express themselves.

PLANES, TRAINS, AND AUTOMOBILES

Start your engines! Come take a ride with us as we build train tracks, make dump trucks, and build flying machines. We combine art and dramatic play for children to sharpen their imagination, kick start their motor skills, and ignite their passion for flying.

PULSE: MINI NINJA WARRIORS

A high energy fitness based class designed to challenge and empower our youngest warriors, our mini ninja warriors enjoy obstacle courses, relay races, noodle wars, fitness challenges and more. Class challenges our warriors with fitness abilities such as speed, power and balance.

STRETCH-N-GROW FUNTASTIC FITNESS (PARENT & CHILD)

Stretch-n-Grow will get your toddler moving in this theme based movement class. Each week your child will be working on their gross motor skills using colorful age-appropriate equipment and up-beat music. Running, jumping, balancing, galloping and throwing are just some of the skills we focus on.



TUMBLING

No matter your skill level, we have a class for you!

TUMBLING TOTS & TUMBLING:

Students will work on emerging gymnastics skills in an energetic and creative environment. This class is a wonderful place to build strength and flexibility while having fun and learning cool new acrobatic skills.

BEGINNER: In this class participants will become familiar with the basic skills such as bridges, back bends, handstands to cartwheels, front/back rolls, and more. This is where your children become familiar with the basics of floor.

INTERMEDIATE: To qualify for this level, your child must be able to execute a clean cartwheel, roundoff, handstand and back-bend (going down to bridge from standing position) unassisted.

ADVANCED: To qualify for this level, your child must have a back walkover and back handspring. This class will cover all prior skills learned as well as introduce cross floor sequences, front/back tucks and more.

YOGA

Join us on a yoga journey that your child will never forget! We will use breathing techniques, learn yoga poses, increase flexibility and strength, develop coordination, and explore relaxation tools.





ENRICHMENT

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Planes, Trains, and Automobiles	2.5-3.5 years	Spring 2024		9:30-10:15am					

THEATER & MUSIC

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Broadway & Me (Stages)	0-3 years	Spring 2024	9:30-10:15am 10:30-11:15am			10:15-11:00am			
Improv	Grade 2+	Spring 2024	6:45-7:45pm						

FITNESS

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Cheer/Tumble	4-6 years	Spring 2024		4:00-4:50pm					
	Grade K-2	Spring 2024			3:00-3:55pm	4:00-5:00pm		12:30-1:30pm	12:15-1:15pm
	Grade 1-4	Spring 2024	4:00-5:00pm			5:00-6:00pm			
Gym Jam: Crawlers	6-12 months	Spring 2024			11:30am-12:00pm		11:30am-12:00pm		
Gym Jam: Walkers	12-18 months	Spring 2024		11:30am-12:00pm					
Gym Jam: Runners	1.5-2.5 years	Spring 2024	9:30-10:15am			9:30-10:15am	10:00-10:45am		
Pulse: Mini Ninja Warriors	4-6 years	Spring 2024						9:00-10:00am	9:00-10:00am
	Grade 1-4	Spring 2024						10:00-11:00am	
Stretch-N-Grow FUNtastic Fitness (Parent & Child)	1.5-3 years	Spring 2024		9:30-10:15am					
Tumbling Tots	2.5-3.5 years	Spring 2024	10:30-11:15am						
Tumbling	3-4.5 years	Spring 2024					1:00-1:50pm		
	3.5-5.5 years	Spring 2024	2:00-2:50pm	2:00-2:50pm	9:30-10:20am	2:00-2:50pm			
Tumbling I (Beginner)	Grade K-2	Spring 2024						1:30-2:30pm	
	Grade 1+	Spring 2024			4:00-5:00pm				11:15am-12:15pm
Tumbling II (Intermediate)	Grade 1+	Spring 2024		5:00-6:00pm	5:00-6:00pm				1:15-2:15pm
Tumbling III (Advanced)	Grade 3+	Spring 2024	6:30-7:30pm	7:30-8:30pm	6:00-7:00pm				
Yoga	Grade K-3	Spring 2024			4:00-5:00pm				
	Grade Pre K-3	Spring 2024	4:15-5:15pm						

RELEVÉ DANCE

DANCE CLASS DESCRIPTIONS
AVAILABLE AT GETROOTZ.COM



EARLY CHILDHOOD DANCE (SESSION CLASSES: NON-RECITAL)

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Ballet & Tap	3.5-5.5 years	Spring 2024						2:10-3:00pm	
Disney Dance	3-4 years	Spring 2024				10:30-11:15am			
	3.5-5 years	Spring 2024				2:00-2:50pm		10:15-11:05am	10:00-10:50am 11:15am-12:05pm
Hip Hop & Poms	3-4.5 years	Spring 2024				1:00-1:50pm	1:00-1:50pm		
Hip Hop: Boys	3.5-5.5 years	Spring 2024					4:10-5:00pm		
Parent & Child Ballet	1.5-2.5 years	Spring 2024		9:30-10:00am		10:30-11:00am	9:20-9:50am	9:00-9:30am	9:35-10:05am
				10:30-11:00am					
Parent & Child Dance	1.5-2.5 years	Spring 2024	10:30-11:00am		9:30-10:00am		9:55-10:25am	9:35-10:05am	9:30-10:00am 10:15-10:45am
Princess Ballet	2.5-3.5 years	Spring 2024		9:30-10:15am	9:30-10:15am	9:30-10:15am	9:30-10:15am	9:15-10:00am	10:15-11:00am 10:30-11:15am
Tot Hop	2.5-3.5 years	Spring 2024	9:30-10:15am	10:30-11:15am			10:30-11:15am	9:10-9:55am	9:15-10:00am
Tutus & Tennis Shoes	3-4.5 years	Spring 2024	1:00-1:50pm						9:00-9:50am 12:15-1:05pm

YOUTH & TEEN DANCE (SESSION CLASSES: NON-RECITAL)

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Hip Hop & Poms	Grade 1-3	Spring 2024				3:55-4:55pm			

IMPORTANT SPRING 2024 SESSION DATES AT ROOTZ

Monday, April 1	Spring Session Begins
Sunday, May 19	Rootz Closed - Relevé Dance Recital
Monday, May 27	Rootz Closed
Friday, May 31	Rootz Spring Session Ends

APRIL							MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	



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