

SPRING HAS SPRUNG AT **Rootz**



SPRING SESSION:
MARCH 31 - MAY 30, 2025

Programs & Classes for Ages 0-18

Relevé
Dance

Fitness

Music

AND
MORE!



FAMILY OWNED & OPERATED



SINCE 2017

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

SPRING 2025 MUSIC & FITNESS CLASSES

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.

CHEERLEADING

This class is designed for students. This recreational class is designed for participants who want to learn about the sport and how to execute all elements of cheer. Cheer will focus on the basics including team building, motions, jumps, stunting and executing technique.

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!

JAMBERRY MUSIC

In this class, you and your little one will bond with each other and make new friends while we sing, dance, play, pretend and experiment with instruments.

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. We teach kids foundational movement patterns including squats, planks and push ups while also challenging our warriors with fitness abilities such as speed, power and balance.

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

Come burn off some of that toddler energy! 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 of floor, such as bridges, back bends, head/handstands, cartwheels/roundoffs, front/back rolls and more.

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. In this class, participants will be introduced to more advanced skills such as front/back walkovers and front/back handsprings.

ADVANCED INTERMEDIATE:

To qualify for this class, your child must be able to execute both a front/back walkover on floor unassisted (no spot) and front/back handspring with minimal assistance. In this class, participants will be introduced to more advanced skills such as mastering front/back handsprings and running tumbling.

ADVANCED: To qualify for this class, your child must be able to execute a standing back handspring unassisted, front handspring unassisted and a roundoff back handspring unassisted. In this class, participants will learn more advanced skills such as front/back tucks and cross floor sequence tumbling.

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.



MUSIC

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Broadway & Me (Stages)	0-3 years	Spring 2025	9:30-10:15am						
			10:30-11:15am						
Jamberry Music	6 months - 5 years	Spring 2025			9:30-10:15am				

FITNESS

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Cheerleading	4-6 years	Spring 2025		4:00-4:50pm					
	Grade K-2	Spring 2025			3:00-3:55pm	4:00-4:55pm			
	Grade 1-4	Spring 2025	4:00-4:55pm			6:00-6:55pm			
Gym Jam: Crawlers	6-12 months	Spring 2025			11:30am-12:00pm				
Gym Jam: Walkers	12-18 months	Spring 2025	11:30am-12:00pm						
Gym Jam: Runners	1.5-2.5 years	Spring 2025	9:30-10:15am		10:30-11:15am	9:30-10:15am			
Pulse: Mini Ninja Warriors	3.5-6 years	Spring 2025						9:00-10:00am	9:00-10:00am
	Grade K-3	Spring 2025						10:00-11:00am	
Stretch-N-Grow FUNtastic Fitness (Parent & Child)	1.5-3 years	Spring 2025		9:30-10:15am					
Tumbling Tots	2.5-3.5 years	Spring 2025		10:30-11:15am					
Tumbling	3-4.5 years	Spring 2025	1:00-1:50pm	2:00-2:50pm			1:00-1:50pm		
	3.5-5.5 years	Spring 2025			9:30-10:20am	2:00-2:50pm	2:00-2:50pm	3:40-4:30pm	
Tumbling I (Beginner)	Grade K-2	Spring 2025			4:00-4:55pm	5:00-5:55pm		1:00-2:00pm	11:15am-12:15pm
Tumbling II (Intermediate)	Grade 1+	Spring 2025	6:35-7:30pm	5:00-5:55pm					1:20-2:15pm
Tumbling III (Advanced Intermediate)	Grade 2+	Spring 2025	7:35-8:30pm		7:00-8:00pm				
Tumbling IV (Advanced)	Grade 3+	Spring 2025				7:00-8:00pm			
Yoga	Grade Pre K-3	Spring 2025	4:15-5:15pm		4:00-5:00pm				



IMPORTANT SPRING 2025 SESSION DATES AT ROOTZ

Spring Break: March 22 – March 30, 2025 (No Regular Classes)	
Monday, March 31	Spring Session Begins
Friday, April 18	Rootz Closed
Sunday, April 20	Rootz Closed
Sunday, May 18	Rootz Closed- Recital Day
Monday, May 26	Rootz Closed
Friday, May 30	Rootz Spring Session Ends

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

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

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

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 2025						2:10-3:00pm	
Disney Dance	3-4.5 years	Spring 2025	2:00-2:50pm	1:00-1:50pm		10:30-11:20am		10:30-11:20am	10:10-11:00am
Hip Hop & Poms	3-4.5 years	Spring 2025					1:00-1:50pm		
Kidz Bop	3-4.5 years	Spring 2025							9:10-10:00am
Parent & Child Ballet	1.5-2.5 years	Spring 2025		9:30-10:00am		10:30-11:00am	9:20-9:50am	9:00-9:30am	9:35-10:05am
Parent & Child Dance	1.5-2.5 years	Spring 2025	10:30-11:00am				9:55-10:25am	9:35-10:05am	9:00-9:30am
Princess Ballet	2.5-3.5 years	Spring 2025	10:30-11:15am	9:30-10:15am	9:30-10:15am		9:30-10:15am	9:15-10:00am	10:10-10:55am
				10:30-11:15am					11:00-11:45am
So You Think You Can Dance	3.5-5 years	Spring 2025						11:00-11:50am	10:00-10:50am
Tot Hop	2.5-3.5 years	Spring 2025	9:30-10:15am			9:30-10:15am		9:10-9:55am	9:15-10:00am
Tutus & Tennis Shoes	3-4.5 years	Spring 2025				1:00-1:50pm			9:00-9:50am
								11:10am-12:00pm	

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

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
All Around Dance Technique (Hip Hop, Jazz, Lyrical)	Grade 3-5	Spring 2025						1:15-2:15pm	
Ballet & Hip Hop	Grade K-2	Spring 2025						10:00-11:00am	
Ballet & Tap	Grade K-2	Spring 2025				4:00-5:00pm			
Hip Hop & Poms	Grade K-2	Spring 2025							11:15am-12:15pm
	Grade 1-3	Spring 2025	3:55-4:55pm						
Pre-Teen Technique	Grade 4-8	Spring 2025	6:00-7:00pm						
Hip Hop Tricks	Grade 1-3	Spring 2025				5:30-6:30pm			

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