



Team Training

for SCHOOL SQUADS and REC LEAGUES

GymTyme Illinois is proud to partner with area cheer coaches who want to provide an additional training resource for their athletes. We are available to work with your school program or recreational cheer league to perfect skills and sharpen routines. Our state-of-the-art facility, with its elevated ceilings and matted surfaces, allows teams to practice in the safest environment possible. In addition, our highly trained and certified staff delivers top notch instruction ensuring your athletes perform their best.

Private Coaching Tell us where you need help the most. We'll provide personalized skills instruction and a professional critique of stunts, pyramids, jumps, motions, tumbling, dance and overall routine.

Choreography Our talented staff can create an original routine that is customized to your athletes' strengths and abilities. Includes 8 hours of instruction and a professional competition music track.

Tumbling Instruction Take advantage of our impressive facilities and experienced coaches. Enroll your athletes in team training at our gym and watch their confidence grow as they make progress and learn new skills.

Stunting, Pyramids and Basket Tosses Elevate your team's performance by learning the latest techniques from our certified coaching staff. We'll take your team through the proper progressions in order to attain the safest and most consistent execution of all the skills you choose to master.

Facility Rental We understand that many cheer programs are often left to practice in less than ideal locations and almost never have access to the proper training equipment. This becomes a concern especially when learning new skills. Reserve practice space for your team at GymTyme Illinois and rest easy knowing your athletes can explore their capabilities in a safe environment.

Choose from our short-term camp setting or arrange weekly classes that work alongside your regular practices.

Athletes who train at our 25,000 square foot facility benefit from a full range of safety equipment complemented with family friendly amenities:

- 4 Full-size floors
- 2 Rod floors
- 2 Tumble tracks
- 1 Tumble strip
- Skills shapes
- Fitness studio
- Pro shop
- On-site fitness trainer
- Dance area
- Parent lounge
- Free WiFi
- Deli

Contact us today to set up a free consultation and see what GymTyme Illinois can do for you and your athletes.

info@gymtimeil.com

GymTyme
Illinois

1445 Caton Farm Road | Lockport, IL 60441 | gymtimeil.com



Team Training Information Request

(Please Print) School Name _____

Contact Name _____ Title/Role _____

Cell Phone _____ Work Phone _____ Home Phone _____

Mailing address _____ City _____ State _____ ZIP _____

Email 1 _____ Email 2 _____ Email 3 _____

Which of your teams will be training with us? (check all that apply) Freshmen JV Varsity

How many athletes do you estimate will be on the team? Freshmen _____ JV _____ Varsity _____

Please check the service area(s) of interest:

Stunts Pyramids Basket tosses Tumbling Routine cleanup

How will your athletes be transported to the gym? Personal vehicles School bus Other _____

How will your athletes be paying? Individual payments School provides one check

Please check your preferred training format: Camp Weekly Class

Please check the season(s) your prefer to schedule training:

Summer June - August
(daytime and evening hours available)

Fall September - November
(afternoon and evening hours; 2-6pm)

Winter 1 December - January
(afternoon and evening hours; 2-6pm)

Please indicate the days/times that work best for you:

Monday Time(s) _____

Tuesday Time(s) _____

Wednesday Time(s) _____

Thursday Time(s) _____

Saturday Time(s) _____

Sunday Time(s) _____

ATHLETE RECRUITMENT POLICY

We respect the time and effort you have invested in your organization. In order to maintain positive working relationships with local cheer and dance programs, GymTyme Illinois will never attempt to solicit any athlete under your direction for our All Star teams while training at our facilities. We may, however, suggest classes and/or clinics for those athletes who seek additional training outside of their designated team training.