



9162 Trinity Drive
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"Training Champions in Body, Mind, & Spirit"



FAQ's

What is the difference between the park district programs Trinity runs and your own programs?

We offer our introductory classes through the Algonquin and LITH Park Districts. There is no difference in cost to you or in the content of the courses. We work with the park districts because they are interested in offering the best possible programs to their citizens and we are interested in establishing a long term relationship with those interested in gymnastics. Those wishing to go on to advanced gymnastics and competitions will want to eventually transfer to our program. We encourage those who first hear about us through the park district to continue signing up for our services through the park district until the athletes are beyond what we offer through the park districts.

Can I sign up in the middle of a session?

Starting at the beginning of a session makes it easier for us to schedule resources throughout the session. However, we sometimes have room for people to sign up for classes in the middle of a session. We encourage those signing up late to take advantage of our liberal "make-up" policy and we will pro-rate fees for sessions that cannot be reasonably made-up.

I am signed up through the park district. Can I still get your referral bonus for recommending my friends?

We offer 25% of the first session's tuition from your referrals credited to your account. This only applies to those who register directly with us since these are the only referrals we can control or track. You must be registered directly with us and your referrals must register directly with us to use this bonus.

Should my child sign up for more than one course per week?

Most children love being in the gym. You are welcome to schedule as much time in the gym for your child as you would like. After the initial tuition, we offer considerable price breaks for additional courses. The USAG model is based on skill mastery, not age. The more time your child spends in the gym, the more quickly he/she can move through the levels.

What size are your classes?

We try to limit class size to eight students for each coach. This offers the right level of rest in between times of activity. Each turn a child takes requires an expenditure of energy that requires recovery time before they can make another good effort at whatever the coach requests. A class may occasionally be slightly larger if there is an unforeseen coaching issue that arises.