



## What is Sokol?

Sokol is dedicated to the advancement of its members, participants, and the local community. We offer educational and cultural programs, physical fitness instruction and social activities. Sokol is a non-profit organization that was built on our founder's credo:

*A Sound Mind in a Sound Body*

Regardless of heritage, race, or religion, Sokol believes that physically fit, mentally alert and well-developed individuals can form a healthy and strong society.

## Gymnastics

Sokol follows the USA Gymnastics routines and guidelines for both Artistic and Rhythmic competitions. USAG is the governing body for the sport in the United States. Sokol Tabor is a Club Member, our instructors are safety-certified and American Sokol, our parent organization, is a member of the USAG Advisory Council. We pride ourselves on offering gymnastic instruction for all ages and capabilities.

## Volleyball

Competitive volleyball is offered for men, women and teens at the district and national levels.

## Fitness Challenge

If team sports are not your thing, Sokol hosts fitness challenges to test your ability amongst others. Simple, yet strength and endurance-building activities will delight and *challenge* your fitness level.

## Social Events

Throughout the year, Sokol offers many opportunities to socialize in a relaxed environment with friends and family. Our annual exhibition showcases what students learn and is followed by a social with food, entertainment and fun.

## Benefits

It's easy to see Sokol offers something for everyone. A chance to get fit, meet new people and have fun! Opportunities for volunteering and leadership roles offer a way for individuals to get involved and utilize their skills. *What are you waiting for?* Stop by the gym today and speak to one of our highly-qualified instructors.

## CLASS OFFERINGS

**Our active and regimented classes run September through May.**

**Tots - Ages 3-5**

**1st Class - Ages 5-9**

**2nd Class - Ages 10-12**

**Juniors - Ages 13-17**

**Active Women - Ages 18+**

**Senior Men - Ages 18+**

**Senior II Women - Ages 18+**



Sokol Tabor, founded in 1866, has been promoting positive ideals and values for generations. Our unique culture and unity stems from meeting new people and building life-long relationships with fellow Sokols. We have classes and activities for children and adults of all ages and skill levels.

**“Sokol”**

means falcon – our mascot for its strength, beauty, harmony and freedom.

**Come check out our Workout Room!**

**Includes Free Weights, Elliptical, Treadmills, Weight Machines & more!**



**Check our website for current class offerings days and times.**

**Visit [www.sokoltabor.org](http://www.sokoltabor.org)**

**for more information or send an email to:**

**[info@sokoltabor.org](mailto:info@sokoltabor.org)**



**Sokol Tabor Fan Page  
@sokoltabor**

