

Village of Orland Park Offers Gymnastics for All Levels *United Gymnastics Academy Leads Village's Recreational and Competitive Programs*

ORLAND PARK, IL – The Village of Orland Park Recreation Department is offering an array of gymnastics programs during its fall session, beginning in early September.

“We have a number of gymnastics programs available for the fall session,” said Orland Park Athletic Supervisor Quincy Bejster. “Our preschool gymnastics program introduces little ones to the world of gymnastics and we have programs for kids through eighteen years of age,” Bejster added.

United Gymnastics Academy of Frankfort, Illinois was named to lead the village's gymnastics programs in 2008, overseeing both the recreational and competitive programs at the village's Sportsplex.

Gym Cubs is a parent/tot class offered for two and three year olds with a parent. Hot Shots is designed for girls who show potential and ability to advance in gymnastics. The Gym Lions and Lion Kings are designed for the preschool age students, age three to five.

Girls Gymnastics, with both intermediate and beginner classes, includes the vault, bars, beam and floor exercise. Strength, flexibility and coordination are the key elements of this program.

Two sessions of Girls Advanced Gymnastics are available for girls in first through sixth grade, September 7 to October 12 and October 19 to December 14. The highest level of gymnastics in the village's recreational program, Girls Advanced Gymnastics enables the more advanced student to continue to grow in gymnastics at their own pace. Participants must be able to do a back hip circle and back walkover to enroll in the advanced program.

Boys Gymnastics, offered for those age six and older, focuses on vault, high bar, pommel horse, parallel bars, rings and exercise. Boys Gymnastics is offered during two sessions, September 9 to October 14 and October 21 to December 16. The beginning class will meet at 4:00 p.m. with the advanced class meeting at 6:00 p.m.

Winter Break Gymnastics Camp will be held December 27 to December 29 for boys and girls in kindergarten through sixth grade. Limited to 20 participants, this class will meet from 9:30 a.m. until noon each day.

Tumbling for Cheerleaders includes basic body positions and skills for tumbling including back walkovers, round offs and flip flops. Participants will be prepared to begin working on more advanced tumbling and cheerleading skills. Two sessions of Tumbling for Cheerleaders are offered during the fall session, September 11 to October 18 and October 23 to December 20.

Competitive Gymnastics Training is the competitive team, the Orland Park Royal Twisters. This group competes in the Illinois Park District Gymnastics Conference Compulsory and Optional Divisions. The compulsory meets begin in September and conclude with a state meet in December. The optional meets begin in January and conclude with a state meet in May.

“Orland Park’s Royal Twisters is the village’s very talented competitive team that has made a name for itself in statewide competition,” Bejster said.

Orland Park’s Royal Twisters Competitive Team is open to girls age six to eighteen. Gymnasts are divided into competition levels according to skill and are able to advance at their own pace based on competition scores. The Royal Twisters practice two to three times a week. Those interested in trying out for the team should contact Bejster at 708/403-6279 to schedule a tryout with the team coach.

The Orland Park Royal Twisters will hold an open house at the village’s Sportsplex, 11351 West 159th Street, on Tuesday, September 14 from 5:45 p.m. until 7:00 p.m.

Details about all of Orland Park’s gymnastics offerings appear in the Recreation Department’s Fall Program Guide and in the recreation area of the village’s website at www.orland-park.il.us.

Registration and additional information about the Orland Park Recreation Department’s extensive gymnastics offerings is available at the village’s Sportsplex, 11351 West 159th Street and at the Franklin E. Loebe Recreation Center, 14650 South Ravinia Avenue. For more information, call 708/645-PLAY.