

Village of Orland Park Media Relations

NEWSRelease

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Orland Park Recreation Announces Second Fall Session for Gymnastics *UGA Leads Recreational and Competitive Sportsplex Gymnastics Programs*

ORLAND PARK, IL – The Village of Orland Park Recreation Department will begin its second gymnastics session on October 27 with its new vendor, United Gymnastics Academy of Frankfort.

“We had a great response to our first session because people are very excited with our new instructors and enhanced programs,” said Orland Park Recreation Program Supervisor Quincy Bejster, who oversees the village’s program.

“Gymnastics helps to develop a number of skills for children,” said Kevin Quirk, co-owner of UGA and the facility’s recreational program director. “It improves balance, coordination and self-confidence, not to mention the socialization skills of listening, taking turns and sharing.” “Gymnastics also creates a foundation for other sports, developing the coordination needed to catch, run, kick and throw,” he added.

Orland Park’s fall schedule includes three levels of pre-school gymnastics for boys and girls. These programs develop gross motor skills, coordination, self-confidence and listening. Classes include instruction in tumbling, balance beam, uneven parallel bars, vaulting and hand apparatus.

Toddlers and their care givers will enjoy Keepers and Creepers, offered for those age 20 months to three years. This gross motor skill development program includes music, hand apparatus, tumbling, climbing and swinging.

Varying skill levels are offered for Girls’ Gymnastics, available during the second session, October 27 to December 13.

Boys’ Gymnastics is open to those in first through sixth grades and is also available at two different levels. Six events are covered in the boys’ program, including floor exercise, vault, high bar, pommel horse, parallel bars and rings.

UGA instructors teach the Recreation Department classes at the gymnastics studio at the village’s Sportsplex, 11351 West 159th Street. Female students are able to train on the vault, uneven parallel bars, balance beam and floor exercise. Males train on the floor, pommel horse, still rings, vault, parallel bars and horizontal bar.

“Our instructors are USAG certified and have been involved with gymnastics for a number of years,” Quirk said. “We employ adults, some of whom are moms, who have great experience with bringing the world of gymnastics to all age levels,” he added.

The Orland Park Recreation Department also offers Tumbling for Cheerleaders, open to those in first through eighth grade. The department will host its Winter Break Gymnastics Camp December 29 to 31 at the Sportsplex. Open to boys and girls in kindergarten through sixth grade, the camp includes all gymnastics events at the Sportsplex.

Details about the village’s gymnastics curriculum appear in the Recreation Department’s fall program guide or may be accessed in the recreation section of the village’s website at www.orland-park.il.us. Further information is available by calling the Village of Orland Park Recreation Department at 708/645-7529 or 708/403-7275.

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The curriculum for the Orland Park Recreation Department’s gymnastics program includes training on the balance beam, vault, uneven parallel bars and floor exercise. United Gymnastics Academy of Frankfort leads the village’s gymnastics program. Further information is available by calling the Village of Orland Park Sportsplex at 708/645-7529.



The Orland Park Recreation Department's gymnastics curriculum is tailored for girls and boys from toddlers through sixth grade. United Gymnastics Academy of Frankfort leads the village's program. Further information is available by calling the Village of Orland Park Sportsplex at 708/645-7529.