

GYMNASTICS

LOCATION: Sportsplex, Gymnastics Studio

SESSION I: Jan 3 to Feb 27 | **SESSION II:** Feb 28 to Apr 24 | **SESSION III:** Apr 25 to Jun 17

(Monday Classes, Sess III Dates: May 1 to Jun 26—no class May 29, make up class Jun 26)

The Gymnastics Program is under the direction of Kevin Quirk and United Gymnastics Academy (UGA) located in Frankfort, Illinois. UGA and their well-trained staff will provide a positive atmosphere for your child to help them increase their coordination, agility, listening skills, work ethic, leadership, and respect for their teacher and classmates. Children must reach the age listed prior to the start of the program. **PLEASE NOTE:** A certified copy of a birth certificate issued by the county that the child was born in will be required for all children 5 years of age and younger at initial time of registration. **HOSPITAL COPIES WILL NOT BE ACCEPTED.**

BABY CUBS

The Baby Cub class is a parent/tot class from walking to 2 years old. Students will be introduced to the gymnastics world while interacting with other children. This class will also introduce sharing with fun games, activities, and coordination.

AGE: walking to 2 years

FEE: Resident \$70.00 / Non-resident \$105.00

SESS I SESS II SESS III

PROG#: PROG#: PROG#: DAY: TIME:

81368	81371	81374	T	9:00 AM to 9:40 AM
81369	81372	81375	W	11:00 AM to 11:40 AM
81370	81373	81376	Th	10:00 AM to 10:40 AM

HOT SHOTS

This developmental program is for girls who show potential and ability to advance in the sport of gymnastics. This class will advance their skills in an age appropriate manner. Participation in previous gymnastics class is required. Enrollment is by instructor recommendation only.

DAY: Thursday

TIME: 4:00 PM to 5:00 PM

AGE: 4 1/2 to 7

LOCATION: Sportsplex—Gymnastics Studio

FEE: Resident \$90.00 / Non-resident \$135.00

PROGRAM#: DATE:

81403	Jan 5 to Feb 23
81404	Mar 2 to Apr 20
81405	Apr 27 to Jun 15

NOTE

For all gymnastic classes, girls should wear a leotard, with hair neatly secured back. Boys should wear a T-shirt and athletic shorts. Jeans, tights, and shoes are not allowed. Missed gymnastics classes are not made up. Only medical excuses, accompanied by a doctor's note will be honored for class credit. No refunds will be granted after the second meeting of the program. (please refer to **page 05** for our refund policy).

GYM CUBS

The Gym Cubs is a parent/tot class centered around age appropriate development movements on the different gymnastics equipment. There is a strong emphasis on socialization, learning to take turns, sharing, and building self-confidence through fundamental gymnastics skills. *Parent participation is REQUIRED—one adult per participant.

AGE: 2 to 3

FEE: Resident \$85.00 / Non-resident \$128.00

SESS I SESS II SESS III

PROG#: PROG#: PROG#: DAY: TIME:

81381	81387	81393	M	11:00 AM to 11:50 AM
81382	81388	81394	T	11:00 AM to 11:50 AM
81383	81389	81395	W	10:00 AM to 10:50 AM
81384	81390	81396	W	5:00 PM to 5:50 PM
81385	81391	81397	Th	9:00 AM to 9:50 AM
81386	81392	81398	Sa	12:00 PM to 12:50 PM

TUMBLING FOR CHEERLEADERS

Students will learn basic body positions and skills for tumbling. Tumbling skills introduced will include back walkovers, round offs, and flip flop work. Students will be prepared to begin working on more advanced tumbling and cheerleading skills.

GRADE: 1st to 8th

LOCATION: Sportsplex—Gymnastics Studio

FEE: Resident \$90.00 / Non-resident \$135.00

DAY/TIME: Monday / 6:00 PM to 7:00 PM

PROGRAM#: DATE:

81358	Jan 9 to Feb 27
81359	Mar 6 to Apr 24
81360	May 1 to Jun 26

DAY/TIME: Saturday / 11:00 AM to 12:00 PM

PROGRAM#: DATE:

81363	Jan 7 to Feb 25
81364	Mar 4 to Apr 22
81367	Apr 29 to Jun 17

INDICATES



ONLINE REGISTRATION IS NOT AVAILABLE FOR THIS COURSE.

GYM LIONS & LION KINGS GYMNASTICS

SESSION I: Jan 3 to Feb 27 | **SESSION II:** Feb 28 to Apr 24 | **SESSION III:** Apr 25 to Jun 17
(Monday Classes, Sess III Dates: May 1 to Jun 26, no class May 29 - make up class Jun 26)

LIMIT: 6 | **LOCATION:** Sportsplex—Gymnastics Studio
FEE: \$85.00(R)/\$128.00(N)

These programs are designed to introduce boys and girls to the wonderful world of gymnastics at the preschool level. The emphasis is on the development of gross motor skills, coordination, self-confidence, and listening skills. The **Gym Lions** class will learn to interact in a teacher/student setting without Mom or Dad. This program is structured to emphasize coordination, encourage imagination and fun. As a **Lion King**, your child will learn to achieve realistic goals in an independent setting. Similar to the Gym Lion class, we will also help improve awareness and most importantly, develop fundamental gymnastics skills.

GYM LIONS AGE: 3

SESS I	SESS II	SESS III		
PROG#:	PROG#:	PROG#:	DAY:	TIME:
81421	81428	81435	M	9:00 AM to 9:50 AM
81422	81429	81436	M	10:00 AM to 10:50 AM
81423	81430	81437	W	9:00 AM to 9:50 AM
81427	81431	81438	W	12:00 PM to 12:50 PM
81424	81432	81439	W	5:00 PM to 5:50 PM
81425	81433	81440	Th	1:00 PM to 1:50 PM
81426	81434	81441	Sa	11:00 AM to 11:50 AM

LION KINGS AGE: 4 TO 5

SESS I	SESS II	SESS III		
PROG#:	PROG#:	PROG#:	DAY:	TIME:
81446	81454	81462	M	12:00 PM to 12:55 PM
81447	81455	81463	T	10:00 AM to 10:55 AM
81448	81456	81464	W	4:00 PM to 4:55 PM
81449	81457	81465	W	6:00 PM to 6:55 PM
81450	81458	81466	Th	11:00 AM to 11:55 AM
81451	81459	81467	Th	12:00 PM to 12:55 PM
81452	81460	81468	Sa	9:00 AM to 9:55 AM
81453	81461	81469	Sa	10:00 AM to 10:55 AM



WINTER BREAK GYMNASTICS CAMP

All events will be covered in this camp. Both boys and girls at all skill levels will be accommodated.

PROGRAM#: 81406
DATE: Dec 26 thru Dec 28
DAY: Monday, Tuesday & Wednesday
TIME: 9:30 AM to 12:00 PM
GRADE: K to 6th
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$60.00 / Non-resident \$90.00

BOYS GYMNASTICS

Students will be introduced to gymnastic events including vault, high bar, pommel horse, parallel bars, rings and exercise.

DAY: Thursday
AGE: 6 & up
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$90.00 / Non-resident \$135.00

BEGINNER

TIME: 4:00 PM to 5:00 PM
PROGRAM#: **DATE:**
 81410 Jan 5 to Feb 23
 81411 Mar 2 to Apr 20
 81412 Apr 27 to Jun 15

ADVANCED

TIME: 6:00 PM to 7:00 PM
PROGRAM#: **DATE:**
 81407 Jan 5 to Feb 23
 81408 Mar 2 to Apr 20
 81409 Apr 27 to Jun 15

TURN TO PAGE 62 FOR INFORMATION ON
SPORTS READINESS
 A CLASS DESIGNED TO PREPARE BOYS AND GIRLS
 TO DEVELOP & ENHANCE SKILLS FOR ALL
 THEIR SPORTS ACTIVITIES.

GIRLS GYMNASTICS

AGE: 6 & up | **LIMIT:** 8

LOCATION: Sportsplex, Gymnastics Studio

Gymnasts will be taught skills on the vault, bars, beam and floor exercise. Strength, flexibility, and coordination will be concentrated on greatly, as these skills will be necessary to safely and effectively learn to perform on all gymnastics equipment. Classes are taught in a fun, yet focused manner, encouraging students to achieve higher skill levels. No prior gymnastics experience necessary for the Beginner class. Participants in the Intermediate class must be able to do a backbend on the floor and a pullover on the bars. The Advanced class is the highest level of gymnastics in our recreational program. Students in this class must be able to do a back hip circle and back walkover. Registration for the Intermediate and Advanced classes are by instructor recommendation.

SESSION I: Jan 3 to Feb 27 | **SESSION II:** Feb 28 to Apr 24

SESSION III: Apr 25 to Jun 17

(No class May 29 - make up Jun 26)

BEGINNER

FEE: Resident \$90.00 / Non-resident \$135.00

SESS I SESS II SESS III

PROG#:	PROG#:	PROG#:	DAY:	TIME:
81323	81324	81325	M	4:00 PM to 5:00 PM
81329	81330	81331	W	4:00 PM to 5:00 PM
81334	81335	81336	W	6:00 PM to 7:00 PM
81337	81338	81339	Th	5:00 PM to 6:00 PM
81340	81341	81342	Sa	9:00 AM to 10:00 AM
81343	81345	81348	Sa	12:00 PM to 1:00 PM

INTERMEDIATE

FEE: Resident \$90.00 / Non-resident \$135.00

SESS I SESS II SESS III

PROG#:	PROG#:	PROG#:	DAY:	TIME:
81315	81318	81319	M	4:00 PM to 5:00 PM
81320	81321	81322	M	5:00 PM to 6:00 PM
81326	81327	81328	Sa	10:00 AM to 11:00 AM

ADVANCED

FEE: Resident \$127.00 / Non-resident \$191.00

SESS I SESS II SESS III

PROG#:	PROG#:	PROG#:	DAY:	TIME:
81307	81308	81309	M	5:00 PM to 6:30 PM
81310	81311	81313	Tu	5:00 PM to 6:30 PM

NOTE

The Village of Orland Park Sportsplex is used as a training facility for gymnastics training sessions. UGA is solely responsible for team operations, events and competitive meets.

GYMNASTICS COMPETITIVE TRAINING

AGE: 6 to 18 | **LIMIT:** 20

LOCATION: Sportsplex, Gymnastics Studio

The gymnasts on the competitive training team, the Orland Park Royal Twisters, compete in the Illinois Park District Gymnastics Conference (IPDGC) 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. Gymnasts are divided into competition levels depending on their skill and ability. Each participant has the opportunity throughout the season to advance at their own pace based upon their scores at the competitions. Team participants on the Orland Park Royal Twisters practice 2 - 3 times per week, depending on their skill level. Gymnasts interested in joining should contact Kevin Quirk at 815/469-8282 to set-up a tryout time.

GIRLS COMPETITIVE LEVEL III & IV

DAY/TIME: Tuesday & Thursday | 5:00 PM to 8:30 PM

FEE: Resident \$150.00 / Non-resident \$200.00

PROG#: **DATE:**

81470	Jan 3 to Jan 26
81473	Jan 31 to Feb 23
81474	Feb 28 to Mar 23
81479	Mar 28 to Apr 20
81480	Apr 25 to May 18
81482	May 23 to Jun 15

GIRLS COMPETITIVE LEVEL V & UP

DAY/TIME: Tuesday & Thursday | 5:00 PM to 8:30 PM

Friday | 4:15 PM to 7:15 PM

FEE: Resident \$200.00 / Non-resident \$250.00

PROG#: **DATE:**

81483	Jan 3 to Jan 27
81485	Jan 31 to Feb 24
81486	Feb 28 to Mar 24
81487	Mar 28 to Apr 21
81488	Apr 25 to May 19
81489	May 23 to Jun 16

GIVE THE GIFT OF...



PANTOMONIA

\$30 through 1/2/17!
This price will not be offered again!

DETAILS — PAGE 47