

## GYMNASTICS

**DATE:** Jul 10 to Aug 19 | **LOCATION:** Sportsplex, Gymnastics Studio

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 GYMNASTICS

Parents looking for things to do with their young kids but aren't sure what's available at their age? Well look no further. Baby Cubs classes offer the fundamental skills for walking, crawling and climbing. In this class, students helped by their parents will learn to assess common physical challenges they will face in their day to day lives to help them grow.

<b>AGE:</b>	Walking to 2 years	
<b>FEE:</b>	Resident \$54.00 / Non-resident \$81.00	
<b>PROGRAM#:</b>	<b>DAY:</b>	<b>TIME:</b>
82322	Tu	9:00 AM to 9:40 AM
82323	W	11:00 AM to 11:40 AM
82324	Th	10:00 AM to 10:40 AM



### GYM LIONS

So your child has learned how to walk, crawl and run, but you want them to learn something more? In Gym Lions class, kids begin the transition of breaking away from parents help in class to be more independent. They will learn listening skills, structure and fun activities to help begin building gymnastics skills. Forward rolls (somersaults), bar swings, and playful games are some of the many activities children will partake in.

<b>AGE:</b>	3	
<b>FEE:</b>	Resident \$64.00 / Non-resident \$96.00	
<b>PROGRAM#:</b>	<b>DAY:</b>	<b>TIME:</b>
82331	M	9:00 AM to 9:50 AM
82332	M	10:00 AM to 10:50 AM
82333	W	9:00 AM to 9:50 AM
82334	W	12:00 PM to 12:50 PM
82337	W	5:00 PM to 5:50 PM
82335	Th	1:00 PM to 1:50 PM
82336	Sa	11:00 AM to 11:50 AM

### 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.

<b>AGE:</b>	2 to 3	
<b>FEE:</b>	Resident \$64.00 / Non-resident \$96.00	
<b>PROGRAM#:</b>	<b>DAY:</b>	<b>TIME:</b>
82325	M	11:00 AM to 11:50 AM
82326	Tu	11:00 AM to 11:50 AM
82327	W	10:00 AM to 10:50 AM
82328	W	5:00 PM to 5:50 PM
82329	Th	9:00 AM to 9:50 AM
82330	Sa	12:00 PM to 12:50 PM

### LION KINGS

At this age, children are learning and growing seemingly by the minute. We try to capture both the physical and mental gymnastics skills at this important time. In this class, kids will learn gymnastics basics like cartwheels, hand stands, backward rolls, as well as some event skills like bars, vault and beam. Don't worry, it's still a very introductory level and no previous gymnastics experience is required.

<b>AGE:</b>	4 to 5	
<b>FEE:</b>	Resident \$64.00 / Non-resident \$96.00	
<b>PROGRAM#:</b>	<b>DAY:</b>	<b>TIME:</b>
82338	M	12:00 PM to 12:55 PM
82339	Tu	10:00 AM to 10:55 AM
82340	W	4:00 PM to 4:55 PM
82341	W	6:00 PM to 6:55 PM
82342	Th	11:00 AM to 11:55 AM
82343	Th	12:00 PM to 12:55 PM
82344	Sa	9:00 AM to 9:55 AM
82345	Sa	10:00 AM to 10:55 AM

INDICATES



**ONLINE REGISTRATION IS NOT AVAILABLE FOR THIS COURSE.**



## HOT SHOTS GYMNASTICS

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.

<b>PROGRAM#:</b>	82358
<b>DATE:</b>	Jul 13 to Aug 17
<b>DAY:</b>	Thursday
<b>TIME:</b>	4:00 PM to 5:00 PM
<b>AGE:</b>	4 1/2 to 7
<b>LOCATION:</b>	Sportsplex—Gymnastics Studio
<b>FEE:</b>	Resident \$68.00 / Non-resident \$102.00

## BOYS GYMNASTICS

Boys gymnastics is some of the most difficult and grueling test of skill & strength. With six events, boys must learn to master a variety of challenges. In this class, boys will work on strength and coordination needed for rings, vault, bar, and floor exercise. They will be tested but in a fun environment to help them grow into the sport of gymnastics.

<b>PROGRAM#:</b>	82346
<b>DATE:</b>	Jul 13 to Aug 17
<b>DAY:</b>	Thursday
<b>TIME:</b>	4:00 PM to 5:00 PM
<b>AGE:</b>	6 and up
<b>LOCATION:</b>	Sportsplex—Gymnastics 1
<b>FEE:</b>	Resident \$68.00 / Non-resident \$102.00

### 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).

## GIRLS GYMNASTICS

**DATE:** July 10 to August 19

**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.**

### BEGINNER

**FEE:** Resident \$68.00 / Non-resident \$102.00

<b>PROGRAM#:</b>	<b>DAY:</b>	<b>TIME:</b>
82347	M	4:00 PM to 5:00 PM
82348	W	4:00 PM to 5:00 PM
82349	W	6:00 PM to 7:00 PM
82350	Th	5:00 PM to 6:00 PM
82351	Sa	9:00 AM to 10:00 AM
82352	Sa	12:00 PM to 1:00 PM

### INTERMEDIATE

**FEE:** Resident \$68.00 / Non-resident \$102.00

<b>PROGRAM#:</b>	<b>DAY:</b>	<b>TIME:</b>
82353	M	4:00 PM to 5:00 PM
82354	M	5:00 PM to 6:00 PM
82355	Sa	10:00 AM to 11:00 AM

### ADVANCED

**FEE:** Resident \$96.00 / Non-resident \$144.00

<b>PROGRAM#:</b>	<b>DAY:</b>	<b>TIME:</b>
82356	M	5:00 PM to 6:30 PM
82357	Tu	5:00 PM to 6:30 PM



## 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 Amateur Athletic Union. 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 | 5:15 PM to 8:15 PM  
**FEE:** Resident \$150.00 / Non-resident \$200.00  
**PROG#:** **DATE:**  
 82361 Jun 20 to Jul 20 (no class Jul 4 & 6)  
 82362 Jul 25 to Aug 17

### GIRLS COMPETITIVE LEVEL IV & UP

**DAY/TIME:** Tuesday & Thursday | 5:15 PM to 8:15 PM  
 Friday | 5:15 PM to 7:15 PM  
**FEE:** Resident \$200.00 / Non-resident \$250.00  
**PROG#:** **DATE:**  
 82363 Jun 20 to Jul 21 (no class Jul 4, 6 & 7)  
 82364 Jul 25 to Aug 18

## 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 \$68.00 / Non-resident \$102.00  
**PROG#:** **DATE:** **DAY:** **TIME:**  
 82359 Jul 10 to Aug 14 M 6:00 PM to 7:00 PM  
 82360 Jul 15 to Aug 19 Sa 11:00 AM to 12:00 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.

## SPORTS READINESS

This class is designed to prepare boys and girls for sports activities by developing strength, power, flexibility, coordination and speed, along with all other fundamentals of movement (i.e. running, jumping, climbing, balance, and agility). Your child will develop skills to enhance all sports that he/she are involved with. This is going to be a blast! A big benefit for all children and a must for kids interested in excelling in all sports.

**INSTRUCTOR:** United Gymnastics Academy  
**DATE:** Jul 10 to Aug 17  
**AGE:** 6 to 12  
**LOCATION:** Sportsplex—Gymnastics Studio  
**FEE:** Resident \$68.00 / Non-resident \$102.00  
**PROGRAM#:** **DAY:** **TIME:**  
 82282 M 6:30 PM to 7:30 PM  
 82283 Th 6:00 PM to 7:00 PM