

GYMNASTICS

SESSION I—Jan 7-Mar 2 | **SESSION II**—Mar 4-Apr 27 | **SESSION III**—Apr 29-Jun 24 (No class May 27)

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

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 \$74.00 / Non-resident \$111.00				
SESS I	SESS II	SESS III			
PROG#:	PROG#:	PROG#:	DAY:	TIME:	
85479	85482	85484	T	9:00 AM-9:40 AM	
85480	85483	85485	W	11:00 AM-11:40 AM	
85481	85486	85487	Th	10:00 AM-10:40 AM	

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 \$94.00 / Non-resident \$141.00	
DAY/TIME:	Monday / 6:00 PM-7:00 PM	
PROGRAM#:	DATE:	
85559	Jan 7-Feb 25	
85560	Mar 4-Apr 22	
85561	Apr 29-Jun 24	
DAY/TIME:	Saturday / 11:00 AM-12:00 PM	
PROGRAM#:	DATE:	
85562	Jan 12-Mar 2	
85563	Mar 9-Apr 27	
85564	May 4-Jun 22	

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 03** 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 \$89.00 / Non-resident \$134.00				
SESS I	SESS II	SESS III			
PROG#:	PROG#:	PROG#:	DAY:	TIME:	
85488	85494	85500	M	11:00 AM-11:50 AM	
85489	85495	85501	T	11:00 AM-11:50 AM	
85490	85496	85502	W	10:00 AM-10:50 AM	
85491	85497	85503	W	5:00 PM-5:50 PM	
85492	85498	85504	Th	9:00 AM-9:50 AM	
85493	85499	85505	Sa	12:00 PM-12:50 PM	

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-5:00 PM	
AGE:	4 1/2 to 7	
LOCATION:	Sportsplex—Gymnastics Studio	
FEE:	Resident \$94.00 / Non-resident \$141.00	
PROGRAM#:	DATE:	
85506	Jan 10-Feb 28	
85507	Mar 7-Apr 25	
85508	May 2-Jun 20	



NOTE: ALL PROGRAMS SHOWN WITH THIS SYMBOL REQUIRE A PARENT/GUARDIAN TO ATTEND WITH CHILD.

GYM LIONS & LION KINGS GYMNASTICS

SESSION I: Jan 7-Mar 2 | **SESSION II:** Mar 4-Apr 27 | **SESSION III:** Apr 29-Jun 24 (No class May 27)

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 awareness and most importantly, develop fundamental gymnastics skills.

GYM LIONS

AGE: 3 years
FEE: Resident \$89.00 / Non-resident \$134.00

SESS I	SESS II	SESS III			
PROG#:	PROG#:	PROG#:	DAY:	TIME:	
85509	85526	85527	M	9:00 AM-9:50 AM	
85510	85514	85520	M	10:00 AM-10:50 AM	
85524	85515	85529	W	9:00 AM-9:50 AM	
85511	85516	85521	W	12:00 PM-12:50 PM	
85512	85517	85530	W	5:00 PM-5:50 PM	
85525	85518	85522	Th	1:00 PM-1:50 PM	
85513	85519	85523	Sa	11:00 AM-11:50 AM	

LION KINGS

AGE: 4 to 5
FEE: Resident \$89.00 / Non-resident \$134.00

SESS I	SESS II	SESS III			
PROG#:	PROG#:	PROG#:	DAY:	TIME:	
85531	85539	85554	M	12:00 PM-12:55 PM	
85532	85540	85547	T	10:00 AM-10:55 AM	
85533	85541	85548	W	4:00 PM-4:55 PM	
85534	85542	85549	W	6:00 PM-6:55 PM	
85535	85543	85553	Th	11:00 AM-11:55 AM	
85536	85544	85550	Th	12:00 PM-12:55 PM	
85537	85545	85551	Sa	9:00 AM-9:55 AM	
85538	85546	85552	Sa	10:00 AM-10:55 AM	

BOYS GYMNASTICS

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

DAY: Thursday
TIME: 4:00 PM-5:00 PM
AGE: 6 and up
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$94.00 / Non-resident \$141.00
PROGRAM#: **DATE:**
 85556 Jan 10-Feb 28
 85557 Mar 7-Apr 25
 85558 May 2-Jun 20

SPORTS READINESS

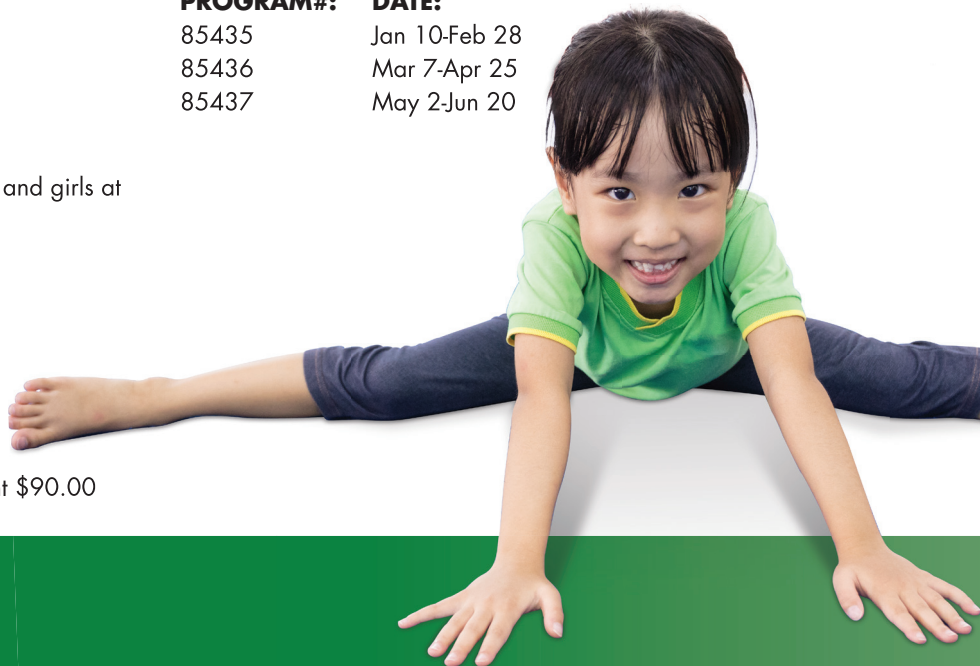
This class is designed to prepare boys and girls for sports activities by developing strength, power, flexibility, coordination and speed, along with all other fundamentals of movement (i.e. running, jumping, climbing, balance, and agility). Your child will develop skills to enhance all sports that he/she 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
DAY/TIME: Thursday / 6:00 PM-7:00 PM
LOCATION: Sportsplex—Gymnastics 2 **AGE:** 6 to 12
FEE: Resident \$68.00 / Non-resident \$102.00
PROGRAM#: **DATE:**
 85435 Jan 10-Feb 28
 85436 Mar 7-Apr 25
 85437 May 2-Jun 20

WINTER BREAK GYMNASTICS CAMP

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

PROGRAM#: 84653
DATE: Dec 26-Dec 28
DAY: Wednesday thru Friday
TIME: 9:30 AM-12:00 PM
GRADE: K to 6th
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$60.00 / Non-resident \$90.00



GIRLS GYMNASTICS

SESSION I: Jan 7-Mar 2 | **SESSION II:** Mar 4-Apr 27

SESSION III: Apr 29-Jun 24 (No class May 27)

AGE: 6 and 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 GYMNASTICS

FEE: Resident \$94.00 / Non-resident \$141.00

SESS I SESS II SESS III

PROG#	PROG#:	PROG#:	DAY:	TIME:
85565	85571	85577	M	4:00 PM-5:00 PM
85566	85572	85578	W	4:00 PM-5:00 PM
85567	85573	85579	W	6:00 PM-7:00 PM
85568	85574	85580	Th	5:00 PM-6:00 PM
85569	85575	85581	Sa	9:00 AM-10:00 AM
85570	85576	85582	Sa	12:00 PM-1:00 PM

INTERMEDIATE GYMNASTICS

FEE: Resident \$94.00 / Non-resident \$141.00

SESS I SESS II SESS III

PROG#	PROG#:	PROG#:	DAY:	TIME:
85583	85586	85589	M	4:00 PM-5:00 PM
85584	85587	85590	M	5:00 PM-6:00 PM
85585	85588	85591	Sa	10:00 AM-11:00 AM

ADVANCED GYMNASTICS

FEE: Resident \$129.00 / Non-resident \$194.00

SESS I SESS II SESS III

PROG#	PROG#:	PROG#:	DAY:	TIME:
85592	85593	85594	M	5:00 PM-6:30 PM
85595	85596	85597	T	5:00 PM-6:30 PM

INDICATES



ONLINE REGISTRATION IS NOT AVAILABLE FOR THIS COURSE.

GYMNASTICS COMPETITIVE TRAINING

AGE: 6 and up | **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 TRAINING—LEVEL II

DAY/TIME:	Tuesday & Thursday / 5:00 PM-8:30 PM
FEE:	Resident \$150.00 / Non-resident \$200.00
PROGRAM#:	DATE:
85618	Jan 8-Jan 31
85619	Feb 5-Feb 28
85620	Mar 5-Mar 28
85621	Apr 2-Apr 25
85622	Apr 30-May 23

COMPETITIVE TRAINING—LEVEL III & IV

DAY/TIME:	Tuesday & Thursday / 5:00 PM-8:30 PM
FEE:	Resident \$150.00 / Non-resident \$200.00
PROGRAM#:	DATE:
85606	Jan 8-Jan 31
85607	Feb 5-Feb 28
85608	Mar 5-Mar 28
85609	Apr 2-Apr 25
85610	Apr 30-May 23

COMPETITIVE TRAINING—LEVEL V & UP

DAY/TIME:	Tuesday & Thursday / 5:00 PM-8:30 PM Friday / 4:15 PM-7:15 PM
FEE:	Resident \$200.00 / Non-resident \$250.00
PROGRAM#:	DATE:
85611	Jan 8-Feb 1
85612	Feb 5-Mar 1
85614	Mar 5-Mar 29
85615	Apr 2-Apr 26
85616	Apr 30-May 24

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.