

GYMNASTICS

SESSION I: Jan 8 - Mar 3 | **SESSION II:** Mar 5 - Apr 28 | **SESSION III:** Apr 30 - Jun 25

Monday Classes, Session III—No class May 28, make-up class Jun 25

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-2 years
FEE: Resident \$70.00 / Non-resident \$105.00

SESS I	SESS II	SESS III		
PROG#:	PROG#:	PROG#:	DAY:	TIME:
83729	83732	83735	T	9:00 AM-9:40 AM
83730	83733	83736	W	11:00 AM-11:40 AM
83731	83734	83737	Th	10:00 AM-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-5:00 PM
AGE: 4 1/2 -7
FEE: Resident \$90.00 / Non-resident \$135.00

PROGRAM#:	DATE:
83756	Jan 11-Mar 1
83757	Mar 8-Apr 26
83758	May 3-Jun 21

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: 2-3
FEE: Resident \$85.00 / Non-resident \$128.00

SESS I	SESS II	SESS III		
PROG#:	PROG#:	PROG#:	DAY:	TIME:
83738	83744	83750	M	11:00 AM-11:50 AM
83739	83745	83751	T	11:00 AM-11:50 AM
83740	83746	83752	W	10:00 AM-10:50 AM
83741	83747	83753	W	5:00 PM-5:50 PM
83742	83748	83754	Th	9:00 AM-9:50 AM
83743	83749	83755	Sa	12:00 PM-12:50 PM

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: Thursday
TIME: 6:00-7:00 PM
AGE: 6-12
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$64.00 / Non-resident \$96.00

PROGRAM#:	DATE:
83646	Jan 4-Feb 22
83647	Mar 1-Apr 19
83648	Apr 26-Jun 14

GYM LIONS & LION KINGS GYMNASTICS

SESSION I: Jan 8 - Mar 3 | **SESSION II:** Mar 5 - Apr 28 | **SESSION III:** Apr 30 - Jun 25

Monday Classes, Session III—No class May 28, make-up class Jun 25

LOCATION: Sportsplex, Gymnastics Studio

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. As a **LION KING**, your child will learn to achieve realistic goals in an independent setting. We will help them develop coordination, self confidence, and most importantly, fundamental gymnastics skills.

GYM LIONS

AGE: 3 years
FEE: Resident \$85.00 / Non-resident \$128.00

SESS I PROG#:	SESS II PROG#:	SESS III PROG#:	DAY:	TIME:
83767	83774	83781	M	9:00 AM-9:50 AM
83768	83775	83782	M	10:00 AM-10:50 AM
83769	83776	83783	W	9:00 AM-9:50 AM
83770	83777	83784	W	12:00 PM-12:50 PM
83771	83778	83785	W	5:00 PM-5:50 PM
83772	83779	83786	Th	1:00 PM-1:50 PM
83773	83780	83787	Sa	11:00 AM-11:50 AM

LION KINGS

AGE: 4-5
FEE: Resident \$85.00 / Non-resident \$128.00

SESS I PROG#:	SESS II PROG#:	SESS III PROG#:	DAY:	TIME:
83788	83796	83804	M	12:00 PM-12:55 PM
83789	83797	83805	T	10:00 AM-10:55 AM
83790	83798	83806	W	4:00 PM-4:55 PM
83791	83799	83807	W	6:00 PM-6:55 PM
83792	83800	83808	Th	11:00 AM-11:55 AM
83793	83801	83809	Th	12:00 PM-12:55 PM
83794	83802	83810	Sa	9:00 AM-9:55 AM
83795	83803	83811	Sa	10:00 AM-10:55 AM

66

BOYS GYMNASTICS

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

DAY: Thursday
AGE: 6 and up
FEE: Resident \$90.00 / Non-resident \$135.00

BEGINNER

TIME: 4:00 PM-5:00 PM

PROGRAM#: DATE:

83812	Jan 11-Mar 1
83813	Mar 8-Apr 26
83814	May 3-Jun 21

ADVANCED

TIME: 6:00 PM-7:00 PM

PROGRAM#: DATE:

83815	Jan 11-Mar 1
83816	Mar 8-Apr 26
83817	May 3-Jun 21

TUMBLING FOR CHEERLEADERS

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

GRADE: 1st-8th
FEE: Resident \$90.00 / Non-resident \$135.00

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

PROGRAM#: DATE:

83761	Jan 8-Feb 26
83762	Mar 5-Apr 23
83763	Apr 30-Jun 25

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

PROGRAM#: DATE:

83764	Jan 13-Mar 3
83765	Mar 10-Apr 28
83766	May 5-Jun 23

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.

GIRLS GYMNASTICS

SESSION I: Jan 8 - Mar 3 | **SESSION II:** Mar 5 - Apr 28

SESSION III: Apr 30 - Jun 25 (No class May 28)

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 \$90.00 / Non-resident \$135.00

SESS I	SESS II	SESS III		
PROG#:	PROG#:	PROG#:	DAY:	TIME:
83818	83819	83820	M	4:00 PM-5:00 PM
83821	83822	83823	W	4:00 PM-5:00 PM
83824	83825	83826	W	6:00 PM-7:00 PM
83827	83828	83829	Th	5:00 PM-6:00 PM
83830	83831	83832	Sa	9:00 AM-10:00 AM
83833	83834	83835	Sa	12:00 PM-1:00 PM

INTERMEDIATE GYMNASTICS

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

SESS I	SESS II	SESS III		
PROG#:	PROG#:	PROG#:	DAY:	TIME:
83836	83837	83838	M	4:00 PM-5:00 PM
83839	83840	83841	M	5:00 PM-6:00 PM
83842	83843	83844	Sa	10:00 AM-11:00 AM

ADVANCED GYMNASTICS

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

PROG#:	PROG#:	PROG#:	DAY:	TIME:
83845	83846	83847	M	5:00 PM-6:30 PM
83848	83849	83850	T	5:00 PM-6:30 PM

INDICATES



ONLINE REGISTRATION IS NOT AVAILABLE FOR THIS COURSE.

GYMNASTICS COMPETITIVE TRAINING

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

LOCATION: Sportsplex—Gymnastics Studio

The gymnasts on the competitive training team, the Orland Park Royal Twisters, compete in the Amateur Athletic Union (AAU) tournaments. The compulsory meets begin in September and run thru December. The optional meets begin in January and conclude 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:	DATE:
Tuesday & Thursday / 5:00 PM-8:30 PM	Jan 9-Feb 1
FEE*: Resident \$150.00 / Non-resident \$200.00	Feb 6-Mar 1
PROGRAM#:	Mar 6-Mar 29
83851	Apr 3-Apr 26
83852	May 1-May 24
83853	
83854	
83855	

GIRLS COMPETITIVE LEVEL V & UP

DAY/TIME:	DATE:
Tuesday & Thursday / 5:00 PM-8:30 PM	Jan 9-Feb 2
Friday / 4:15 PM-7:15 PM	Feb 6-Mar 2
FEE*: Resident \$200.00 / Non-resident \$250.00	Mar 6-Mar 30
PROGRAM#:	Apr 3-Apr 27
83856	May 1-May 25
83857	
83858	
83859	
83860	

WINTER BREAK GYMNASTICS CAMP

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

PROGRAM#:	82831
DATE:	Dec 26 - Dec 28
DAY:	Tuesday thru Thursday
TIME:	9:30 AM - 12:00 PM
GRADE:	K - 6th
LOCATION:	Sportsplex—Gymnastics Studio
FEE:	Resident \$60.00 / Non-resident \$90.00