

Gymnastics Program Information

gymnastics is fitness for kids!

GYMNASTICS/TUMBLING REGISTRATION INFORMATION

The Gymnastics/Tumbling programs are located at the Racquet, Fitness & Gymnastics Center. All registration for these programs must be done at this facility. You may pre-register for the Winter 2012 session if your child is currently enrolled in the Fall 2011 session of gymnastics & You may pre-register for the Spring 2012 session if your child is currently enrolled in the Winter 2012 session of gymnastics. The first day of registration starts at 9 a.m. Registrations are accepted until two weeks after classes have started. Programs run in 12-week sessions.

Payment plans are available to families with more than one child in the gymnastics program and/or any child who is enrolled in two or more days of classes. ALL Gymnastics payment plans will now be set up for automatic payment from your credit card. Partial payments will not be excepted unless you are on a payment plan.

Winter 2012 Registration dates for Participants enrolled in Fall 2011 Program

Resident registration begins: November 7th

Non-Resident registration begins: November 14th

Winter 2012 Open Registration Dates

Open Registration begins for Residents: November 9th

Open Registration begins for Non-Residents: November 16th

Spring 2012 Registration dates for Participants enrolled in Winter 2012 Program

Resident registration begins: February 6th

Non-Resident registration begins: February 13th

Spring 2012 Open Registration Dates

Open Registration begins for Residents: February 7th

Open Registration begins for Non-Residents: February 15th

GYM DETAILS

Spectators will be allowed to view the classes on the first and last day of each session. Girls should wear a leotard and spandex shorts are optional. No skirts, tights, jewelry or belts. Long hair must be tied back. Boys should wear shorts or sweat pants with a tucked in T-shirt. Cheer Tumble participants should wear a t-shirt tucked in or tank top with shorts, long hair should be pulled back and No Jewelry. Participants may not wear sport bras only or shirts that show their belly. No jeans allowed!

Pre School Playtime (1-5 years old)

One-on-one time with your Preschooler is so valuable, and what better place to spend that time than in the gym? Open Gym is a full hour of crawling, jumping, climbing, and swinging An adult over the age of 18 is required to stay with participant during open gym time, This is a parent supervised activity. Maximum number of children per adult is two. Pirouettes Gymnastics staff will be on duty to provide safety guidelines for our gym. You must pay at the front desk and turn your receipt into Pirouettes gymnastics staff for admittance to open gym. There will be a limit of 45 participants to an open gym. If you would like to be emailed a monthly schedule for Preschool Playtime please email Deirdre your email address at Dwhite@olparks.com Daily Fee \$5/Child

Year Round: Tuesdays 12:30-1:30pm

October –May

Sundays 4-5pm

Thursdays 11:15 a.m.-12:15pm

Friday 12:30-1:30pm

Saturday 3:30-4:30 pm

November -April

Sundays 2-3pm

Gym Stars (6 months- Walkers)

This class is time for your little one to have you all to themselves. Please join us for singing, Finger plays, group activities and exploring. Come enjoy your child at this tender age in a fun & safe environment. You ask why sign your little one up for a Gym class? Medical research proves that "Babies whose muscles and senses are stimulated become more receptive to their surroundings, leading to a fuller life intellectually, emotionally and physically." (dw)

Winter Session: January 9th- March 31st (12 weeks)

Spring Session: April 9th- June 30th (12 weeks)

Gym Stars Fee: \$61/Res, \$72/Non-Res

Winter	Spring	Day	Time
#8748	#2748	Wed	11:15am-12pm

Tot Stars (1 & 2 years old)

One-on-one time with your toddler is so valuable, and what better place to spend that time than in the gym? This class is a full hour of crawling, jumping, climbing, swinging and sitting. This program includes both group activities and independent playtime. This is a parent-supervised class. Parents are required to stay with children during class time. This class is great for tots at all stages of development. Please do not bring older siblings to class. We have a sibling babysitting room available during Tot Stars classes. Need for our babysitting service will be accessed in beginning of the session please speak to instructor if you are interested in this service. (dw)

Winter Session: January 9th- March 31st (12 weeks)

Spring Session: April 9th- June 30th (12 weeks)

Tot Stars Fee: \$77/Res, \$89/Non-Res

Winter	Spring	Day	Time
#8740	#2740	Mon	10-11am
#8741	#2741	Tues	9-10am
#8743	#2743	Weds	10-11am
#8744	#2744	Fri	9-10am
#8745	#2745	Fri	10-11am
#8746	#2746	Sat	8-9am
#8747	#2747	Sat	9-10am

New Early Bird Registration

Take \$10 off if you register during Early Bird Registration.

Winter Early Bird Period

Monday, November 7th-Monday, November 28th .

Spring Early Bird Period

Monday, February 6th-Monday, February 27th.

EASY CROCK POT ROAST

3 lb. chuck roast
1/2 can beef broth
1 c. flour
1/2 tsp. garlic powder
1 or 2 cloves garlic
1 medium onion, diced
2 tbsp. olive oil
1 bay leaf
dash of salt and pepper

- Wash chuck roast.
- Season generously with salt, pepper and garlic powder.
- Coat with flour.
- Place floured roast into oiled skillet and brown lightly on both sides.
- While browning roast, add diced onions to skillet.
- Transfer roast and onions to greased crock-pot.
- Toss in whole garlic cloves and bay leaf.
- Pour in 1/2 can beef broth over roast and add salt and pepper.
- Cover and cook on low for 8 to 10 hours.

from www.cooks.com

Gymnastics Programs

gymnastics is fitness for kids!

Kids typically stay in a level for about 1 year.

Pirouettes Pre-Gym Program (ages 3-5)

Bring your future athletes to us, Gymnastics at a young age provides a strong basis for all sports. Our goal as a staff will be to introduce your child to gymnastics in a fun, encouraging environment emphasizing basics and safety. The Pirouettes Gymnastics Pre-Gym system makes all students stars: each level builds up to the next. All first-timers should register for Mini Stars. Pirouettes Gymnastics staff will evaluate participants and will promote children as they master skills in each level and encourage all little gymnasts to keep track of their progress at home on their skill poster. Parents will be notified when their child is ready to move up. Participants must be potty trained. (dw)

Winter Session: January 9th- March 31st (12 weeks)

Spring Session: April 9th- June 30th (12 weeks)

Mini Stars & Shooting Stars Fee: \$77/Res, \$89/Non-Res

Super Stars: \$93.50/Res, \$108.50/Non-Res

Mega Stars: \$221/Res, \$263/Non-Res

Winter	Spring	Day	Time
Mini-Stars (Beginners)			
#8750	#2750	Mon	9-10am
#8751	#2751	Mon	11:15am-12:15pm
#8752	#2752	Mon	3-4 pm
#8753	#2753	Mon	5-6pm
#8754	#2754	Mon	6-7pm
#8755	#2755	Tues	10:15-11:15am
#8756	#2756	Tues	4-5pm
#8757	#2757	Tues	6-7pm
#8758	#2758	Weds	11:15am-12:15pm
#8759	#2759	Wed	3:30-4:30pm
#8760	#2760	Weds	4:30-5:30pm
#8761	#2761	Weds	6:30-7:30pm
#8762	#2762	Thurs	10-11am
#8763	#2763	Thurs	3-4pm
#8764	#2764	Thurs	5-6pm
#8765	#2765	Thurs	7-8pm
#8766	#2766	Fri	11:15am-12:15pm
#8767	#2767	Fri	4-5pm
#8768	#2768	Fri	5-6pm
#8769	#2769	Sat	10:15-11:15am
#8770	#2770	Sat	12:15-1:15pm

Shooting Stars (Intermediate)

#8771	#2771	Mon	12:15 -1:15pm
#8772	#2772	Mon	4-5pm
#8773	#2773	Tues	11:15am -12:15pm
#8774	#2774	Tues	5-6pm
#8775	#2775	Tues	7-8pm
#8776	#2776	Weds	12:15-1:15pm
#8777	#2777	Weds	5:30-6:30pm
#8778	#2778	Thurs	9-10am
#8779	#2779	Thurs	3-4 pm
#8780	#2780	Thurs	4-5pm
#8781	#2781	Thurs	6-7pm
#8782	#2782	Fri	11:15am-12:15pm
#8783	#2783	Sat	11:15am-12:15pm
#8742	#2742	Fri	6-7pm

Super Stars (Advanced)

#8784	#2784	Weds	1:30-2:45pm
#8785	#2785	Thurs	4:45-6pm
#8786	#2786	Thurs	6-7:15pm
#8787	#2787	Sat	12:15-1:30pm
#8749	#2749	Tues	5-6:15pm

Mega Stars (Advanced II)

#8796	#2796	Mon & Weds	4-5:45pm
-------	-------	------------	----------

Mini Stars - Boys Only (beginner 3-5 years)

#8620	#2820	Mon	9-10 am
#8621	#2821	Mon	11:15am-12:15pm
#8622	#2822	Mon	3-4 pm
#8623	#2823	Tues	10:15-11:15am
#8624	#2824	Tues	6:30-7:30pm
#8625	#2825	Thur	6-7pm
#8626	#2826	Fri	4-5pm
#8627	#2827	Fri	5-6pm
#8628	#2828	Sat	10:15-11:15am
#8629	#2829	Sat	12:15-1:15pm
#8664	#2864	Tue	4:30-5:30pm
#8666	#2815	Thur	5-6pm
#8667	#2816	Fri	6-7pm

Shooting Stars - Boys Only (Intermediate 3-5 years)

Must be advanced from Boys Mini Stars

#8630	#2830	Mon	12:15-1:15pm
#8631	#2831	Tue	11:15-12:15pm
#8632	#2832	Tues	5:30-6:30pm
#8634	#2834	Sat	11:15am-12:15pm

Pirouettes Medal Program (ages 6 & up)

Bring your future athletes to us, Gymnastics at a young age provides a strong basis for all sports. Gymnastics can help your child to increase coordination, flexibility, strength and self-esteem. The Pirouettes Gymnastics Medal Program is based on USA Gymnastics Junior Olympic levels 1-6. Each class builds up to the next level; children must master skills in each class before being promoted to the next. Pirouettes Gymnastics staff will evaluate participants and will promote children as they master skills in each level and encourage all gymnasts to keep track of their progress at home on their skill poster. First-time beginners should enroll in Bronze I. Students currently enrolled will be evaluated during class and will be notified of what class level they should be in for the next session. Note: Two classes per week are recommended in Silver levels & mandatory in Gold levels. If children miss more than one session, they may need to repeat a class to refresh their skills. (dw)

Winter Session: January 9th- March 31st (12 weeks)

Spring Session: April 9th- June 30th (12 weeks)

Bronze I & II: 75 Minutes Fee: \$93.50/Res, \$108.50/Non-Res

Silver I & II: 105 Minutes Fee: \$126.50/Res, \$147.50/Non-Res

Gold I & II: 2 1/4 hours Fee: \$281/Res, \$335/Non-Res

Monthly payment plans are available!

Winter

Bronze I (Ages 6 & up)

#8700	#2700	Mon	4-5:15pm
#8701	#2701	Mon	5:15-6:30pm
#8702	#2702	Mon	6:30-7:45pm
#8703	#2703	Tues	3-4:15pm
#8704	#2704	Tues	5:15-6:30pm
#8705	#2705	Weds	4-5:15pm
#8706	#2706	Weds	5:15-6:30pm
#8707	#2707	Weds	6:30-7:45pm
#8708	#2708	Thurs	3-4:15pm
#8709	#2709	Thurs	5:15-6:30pm
#8710	#2710	Fri	5:15-6:30pm
#8711	#2711	Fri	6:30-7:45pm
#8749	#2749	Sat	11:15am-12:30pm

Bronze II (Ages 6 & up)

#8712	#2712	Mon	4-5:15pm
#8713	#2713	Mon	5:15-6:30pm
#8714	#2714	Mon	6:30-7:45pm
#8715	#2715	Tues	3-4:15pm
#8716	#2716	Tues	4-5:15pm
#8717	#2717	Weds	4-5:15pm
#8718	#2718	Weds	5:15-6:30pm
#8719	#2719	Weds	6:30-7:45pm
#8720	#2720	Thurs	4-5:15pm
#8721	#2721	Thurs	3-4:15pm
#8722	#2722	Fri	4-5:15pm
#8723	#2723	Fri	6:30-7:45pm
#8724	#2724	Sat	10-11:15pm

Silver I (6 years & up)

#8725	#2725	Mon	5:45-7:30pm
#8726	#2726	Tues	3-4:45pm
#8727	#2727	Tues	4-5:45pm
#8728	#2728	Weds	5:45-7:30pm
#8729	#2729	Thurs	4-5:45pm
#8730	#2730	Fri	5:45-7:30pm
#8731	#2731	Sat	12:30-2:15pm

Silver II

#8732	#2732	Mon	4-5:45pm
#8733	#2733	Tues	5:45-7:30pm
#8734	#2734	Weds	4-5:45pm
#8735	#2735	Thurs	5:45-7:30pm
#8736	#2736	Thurs	3-4:45pm
#8737	#2737	Fri	4-5:45pm
#8738	#2738	Sat	12:30-2:15pm

Gold I (two times per week mandatory)

#8739	#2739	Mon & Wed	6-8:15pm
-------	-------	-----------	----------

Gold II (two times per week mandatory)

#8790	#2790	Tues & Thurs	6-9pm
-------	-------	--------------	-------

New Early Bird Registration - Take \$10 off if you register during Early Bird Registration.

Winter Early Bird Period - Monday, November 7th-Monday, November 28th .

Spring Early Bird Period - Monday, February 6th-Monday, February 27th.

Gymnastics Programs

gymnastics is fitness for kids!

Pirouettes Gymnastics

Birthday Parties All ages Party!

Fun is the theme for Pirouettes Gymnastics Birthday Parties! We can cater to ages 1 year though 12 years old. Kids love our Obstacle Courses, Gymnastics Equipment, Tumble Trak and Foam Pit. Children of all ages are welcome for one hour of gymnastics instruction and games followed by 45 minutes in our Party Room of treats and opening gifts (you provide the treats). Children should wear gym clothes. Reserve your party by calling the Pirouettes Gymnastics Department at (708) 857-2215. This is a great opportunity for scout troops trying to earn their tumbling badges. For an additional \$15 you can have your guests experience our 40 foot horizontal Climbing Rock Wall during your 45 minutes in the party room. Rock wall is recommended for ages 7-10 Years. (Party Time slots are 1 ¼ hour/party and Time CANNOT be extended.)

Birthday Party Fees

\$100/per 10 Children

\$9.00 for every after 10 Children

\$15.00 -15 minutes of Climbing Time on our Horizontal Rock Wall during your party time in the party room

Pirouettes Open Gym (ages 6 & up)

Open gymnastics is not a class, it is a time for students to work on whatever skills they would like or just to have fun with a friend. However, the time will be structured for safety reasons. Pirouettes Gymnastics staff will be on duty for supervision and to assist and/or spot. You must pay at the front desk and have your hand stamped to be admitted into the gymnastics area for open gym. Home phone number and emergency contact information must be given to the Pirouettes Gymnastics each week. Participants must be currently enrolled in the Pirouettes Gymnastics program. (dw)

Day/Time: Sundays 6-7pm (Sept-May)

Saturdays 5:30-6:30pm (Nov - April)

Fee: \$5/Gymnast

Max: Limited to 30 participants

NEW PROGRAM

Sports & Agility Class (BOYS ages 3-5)

Calling all boys, this is not your sister's gym class. We practice skills that will help you in all sports and do a little of gymnastics to help you receive those benefits as well. You will never slow down, not that you ever want to. This program will be taught by Pirouettes Gymnastics staff and will take place in the gymnastics area using gymnastics and sports equipment. (dw)

Winter Session: January 9th- March 31st (12 weeks)

Spring Session: April 9th- June 30th (12 weeks)

Fee: \$71./83(nr)

Winter	Spring	Day	Time
#8660	#2860	Thurs	9:00-9:50am
#8661	#2861	Thurs	10- 10:50am
#8662	#2862	Wed	1:30-2:20pm

Boys Gymnastics

Boys can increase coordination, flexibility, strength and self-esteem by participating in gymnastics. Gymnastics provides a strong basis for all sports. Boys will learn basic skills on the Rings, Pommel Horse, Vault, High Bar, Tumble Tramp, Tumbling and P-bars. (dw)

Winter Session: January 9th- March 31st (12 weeks)

Spring Session: April 9th- June 30th (12 weeks)

Winter	Spring	Day	Time
Mini Stars -Boys Only (beginner 3-5 years)			
Fee: \$77/Res, \$89/Non-Res			
#8620	#2820	Mon	9-10am
#8621	#2821	Mon	11:30am-12:30pm
#8622	#2822	Mon	3-4pm
#8623	#2823	Tues	10:15-11:15am
#8624	#2824	Tues	6:30-7:30pm
#8625	#2825	Thur	6-7pm
#8626	#2826	Fri	4-5pm
#8627	#2827	Fri	5-6pm
#8628	#2828	Sat	10:15-11:15am
#8629	#2829	Sat	12:15-1:15pm
#8664	#2864	Tue	4:30-5:30pm
#8666	#2815	Thur	5-6pm
#8667	#2816	Fri	6-7pm

New Early Bird Registration

Take \$10 off if you register during Early Bird Registration.

Winter Early Bird Period

Monday, November 7th-Monday, November 28th .

Spring Early Bird Period

Monday, February 6th-Monday, February 27th.

Shooting Star -Boys Only (Intermediate 3-5 years)

Must be advanced from Boys Mini Stars

Fee: \$77/Res, \$89/Non-Res

#8630	#2830	Mon	12:30-1:30pm
#8631	#2831	Tue	11:15-12:15pm
#8632	#2832	Tues	5:30-6:30pm
#8634	#2834	Sat	11:15am-12:15pm

Beginner Boys

Age: 6-8 years Fee: \$93.50/Res, \$108.50/Non-Res

#8652	#2852	Tues	4-5:15pm
#8653	#2853	Tues	5:15-6:30pm
#8654	#2854	Fri	4-5:15pm
#8655	#2855	Fri	5:15-6:30pm
#8656	#2856	Sat	12:15-1:30pm
#8664	#2864	Fri	6:30-7:45pm

Beginner Boys

Age: 9 & up Fee: \$110/Res, \$128/Non-Res

#8657	#2857	Tues	7:30-9:00pm
-------	-------	------	-------------

Boys Intermediate

90 minutes Fee: \$110/Res, \$128/Non-Res

#8658	#2858	Mon	6:30-8pm
-------	-------	-----	----------

Boys Invite Only

120 minutes Fee: \$143/Res, \$167/Non-Res

#8659	#2859	Mon	4-6pm
#8663	#2863	Mon	6:30-8:30pm



Gymnastics Programs

gymnastics is fitness for kids!

Private Lessons For Gymnastics Or Tumbling (Ages 6 & UP)

Private lessons are available to current students ages 6 & up of any level. Private lessons consist of 1 hour of a warm-up, stretching and gymnastics/tumbling lesson catered to your child's needs and skill level. Please see your child's current instructor to schedule a lesson or for a referral of another Pirouettes Gymnastics staff member. You must pay for lesson at the front desk on the day of the lesson and give receipt to private lesson instructor. **Must Be Current Student Of The Gymnastics/Tumbling Program To Participate In Private Lessons.** (dw)

One On One Lessons

1 Hour lesson for one student Fee:\$25

Semi-Private Lessons (available for up to 3 students)

1 Hour lesson for 2 students Fee: \$35

1 Hour lesson for 3 students Fee: \$45

Cheer Tumble Open Gym (Ages 12 & Up)

Beginner through advanced Tumblers will enjoy this time to work on their skills and jumps for Cheerleading. You will need to pay at the front desk and turn in your receipt in to the Pirouettes Gymnastics staff for admittance to open gym. There will be a limit of 30 participants per open gym. The Oak Lawn Park District's Pirouettes Gymnastics Staff will be present to provide safety guidelines for our Gym.

Day/Time: Tuesdays & Thursdays 8:30-9:30 pm (Starts Sept 27th-June 28th)

Fee: \$5/Tumblers

Max: Limited to 30 Tumblers

Cheer Tumble

Beginner through advanced cheerleaders or tumblers will enjoy this class. It is a great introduction to tumbling, as well as a great time for more advanced tumblers to improve their skills and jumps for cheerleading. Note: Intermediate level should be able to do a good cartwheel and back walkover or back limber without spotter. Advanced class participants must be able to do a round-off flip flop without a spotter. If a Tumbler is signed up for the wrong level class they will be moved to the appropriate level ASAP. (dw)

Winter Session: January 9th- March 31st (12 weeks)

Spring Session: April 9th- June 30th (12 weeks)

Fee: \$77/Res, \$89/Non-Res

Beginner (Ages 6-11)

#8640	#2840	Wed	6:30-7:30pm
#8641	#2841	Thurs	6:30-7:30pm
#8642	#2842	Sat	1:30-2:30pm

Intermediate (Ages 6-11)

#8643	#2843	Tues	6:30-7:30pm
#8644	#2844	Sat	1:30-2:30 pm
#8633	#2842	Thurs	7:30-8:30pm

Beginner (Ages 12 & Up)

#8645	#2845	Thurs	6:30-7:30pm
-------	-------	-------	-------------

Intermediate (Ages 12 & Up)

#8646	#2846	Tues	7:30-8:30pm
#8647	#2847	Wed	7:30-8:30pm
#8648	#2848	Thurs	7:30-8:30pm

Advanced (All ages)

#8650	#2850	Wed	8:30-9:30pm
-------	-------	-----	-------------

Competitive Team Gymnastics

This advanced-level program requires commitment and love for the sport of gymnastics.

There are 5 competitive levels (5-9). Team members will train year round and compete at USA Gymnastics Competitions. Gymnastics coordinator will invite potential team members for a trial training time with the team. Team members will train at least 3-4 days per week. (dw)

Special Recreation Gymnastics

Open Gym

This class is a full hour of crawling, jumping, climbing, and swinging. Kids love our Obstacle Courses, Gymnastics Equipment, Preschool Play Area, Tumble Tramp and Foam Pit. An adult over the age of 18 is required to stay with participant during open gym time. Pirouettes Gymnastics staff will be on duty to provide safety guidelines for our gym. You must pay at the front desk turn and turn in receipt to open gym instructors for admittance to the gymnastics area for open gym. Open gym time is great for children of all levels. This open gym time is special for kids with disabilities, to have as their own, please do not bring siblings without disabilities to open gym. Program will run through the end of May 2012.

Day/Time: Sundays 5-6pm

Fee: \$5/ Special Rec. Participant

Max: Limited to 30 participants

Special Olympics Gymnastics (Ages 8 -18)

Calling all gymnasts! It's time to sharpen your skills and learn your routines for Gymnastics. Athletes will have the option to learn new gymnastics skills and routines or to train for competitions beginning in January-June. There will be an additional charge for competitions and uniforms if your athletes decided to compete. All athletes must have an updated application for participation on file with Oak Lawn Park District Special Recreation. Class schedules will be by appointment only with Pirouettes Gymnastics Staff. All Gymnastics program registrations should be taken at the Racquetball, Fitness & Gymnastics Center.

Open to: All Abilities

Location: Racquetball, Fitness & Gymnastics Center

Max/Min: 15/6

Days/Time: Vary

Class#: #9031

Winter Session: January 9th- March 31st (12 weeks)

Fee: \$120(R/Coop)/\$180(NR)

Gymnastics Early Bird Registration fees (November 8th- 29th)

\$130(R/Coop)/\$190(NR) (After-11/29/10)

Spring Session: April 9th- June 30th (12 weeks)

Fee: \$120(R/Coop)/\$180(NR)

Gymnastics Early Bird Registration fees (February 7-28th)

\$130(R/Coop)/\$190(NR)(After-2/28/11)



New Early Bird Registration - Take \$10 off if you register during Early Bird Registration.

Winter Early Bird Period- Monday, November 7th-Monday, November 28th .

Spring Early Bird Period- Monday, February 6th-Monday, February 27th.