

RACQUET CENTER EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.

Early Bird Period: July 26th- August 31st

**GYMNASTICS/TUMBLING
REGISTRATION INFORMATION****Registration Information:**

The Gymnastics/Tumbling programs are located at the Racquet, Fitness & Gymnastics Center. Registrations are accepted until two weeks after classes have started. Classes have been prorated for the Fourth of July, Memorial Day, Labor Day, and Thanksgiving Day holidays. If your class happens to fall one of these Holidays the price has been adjusted.

Registration Dates:Resident registration begins: **July 26**Non-Residents registration begins: **August 9****EARLY BIRD REGISTRATION**

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GYM DETAILS & ATTIRE

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. They may not wear sports bras only or shirts that show their belly. No jeans allowed!

Holiday Open Gym-Saturday, December 4.

FAMILY FUN EVENT-Your family can experience holiday fun including meeting Santa, an indoor snowball fight and lots of climbing, jumping, and swinging in the gymnastics gym. Each registered child will receive a goodie bag to take home. Please bring your camera to capture that picture with Santa. Grown-ups are required to stay with their children during the event. Advanced registration is required, please sign up early to guarantee availability. We are not accepting waiting lists at this time for this event. Please sign up for a time slot that has availability. **EARLY BIRD Discount** of \$3 off if registered before November 21st. **PDNA** (dw)

Res/NR: \$15/\$15

Session	Day	Time
210200-01	Sa	3:00-4:00P
210200-02	Sa	4:15-5:15P
210200-03	Sa	5:30-6:30P

Girls Preschool Gymnastics (Age: 3-5)

Our program focuses on the development of fine and gross motor skills, social skills while introducing your child to gymnastics in a fun, encouraging environment emphasizing basics and safety. Students will increase coordination, flexibility, strength, and self-esteem by participating in gymnastics. Girls will learn basic skills on Vault, Bars, Beam, and tumbling, each level builds up to the next. Participants must be toilet trained. Beginners should register for Mini Stars. (dw)

Session: October 3rd- December 23rd

Mini-Stars (Beginners) Res/NR: \$100/\$115

Session	Day	Time
210201-01	Su	9:00-10:00A
210201-02	Su	9:30-10:30A
210201-03	Su	10:00-11:00A
210201-04	Su	10:30-11:30A
210201-05	Su	12:00-1:00P
210201-06	Su	12:30-1:30P
210201-10	M	9:00-10:00A
210201-11	M	10:15-11:15A
210201-14	M	4:45-5:45P
210201-15	M	5:45-6:45P
210201-21	Tu	3:00-4:00P
210201-22	Tu	3:45-4:45P
210201-23	Tu	4:15-5:15P
210201-24	Tu	5:45P-6:45A
210201-25	Tu	6:15-7:15P
210201-30	W	9:00-10:00A
210201-31	W	10:00-11:00A
210201-32	W	3:45-4:45P
210201-34	W	5:45-6:45P
210201-41	Th	10:15-11:15A
210201-42	Th	3:00-4:00P
210201-43	Th	3:45-4:45P
210201-44	Th	4:45-5:45P
210201-45	Th	5:15-6:15P
210201-51	F	9:00-10:00A
210201-53	F	4:00-5:00P
210201-54	F	5:00-6:00P
210201-61	Sa	9:00-10:00A
210201-62	Sa	9:30-10:30A
210201-63	Sa	11:00A-12:00P
210201-64	Sa	11:30A-12:30P
210201-65	Sa	12:00-1:00P

Shooting Stars (Adv./ Beg.) Res/NR: \$100/\$115

Session	Day	Time
210202-01	Su	11:00A-12:00P
210202-02	Su	11:30A-12:30P
210202-11	M	11:30A-12:30P
210202-12	M	3:45-4:45P
210202-21	Tu	4:45-5:45P
210202-22	Tu	5:15-6:15P
210202-31	W	11:15A-12:15P
210202-32	W	4:45-5:45P
210202-41	Th	9:00-10:00A
210202-43	Th	4:15-5:15P
210202-45	Tu	5:45-6:45P
210202-46	Th	6:15-7:15P
210202-51	F	11:15A-12:15P
210202-53	F	6:00-7:00P
210202-61	Sa	10:00-11:00A
210202-62	Sa	10:30-11:30A

Super Stars Girls (Intermediate)

Res/NR: \$122/\$140

Session	Day	Time
210203-21	Tu	5:00-6:15P
210203-22	Tu	3:45-5:00P
210203-31	W	11:15A-12:30P
210203-61	Sa	12:30-1:45P

Mega Stars (Age: 3-6, INVITE ONLY)

Res/NR: \$280/\$320

Session	Day	Time
210204-21	Tu,Th	3:45-5:30P

Grown up & Me Gym Class (Age 1 & 2)

This program is the perfect way to socialize with your child, allow them to learn and understand what it means to follow instruction, and get them jumping, climbing, and swinging in a safe, fun environment! This program includes both group activities and independent playtime. Class goals include listening skills, fundamental movement, coordination, fine and gross motor skill development, and body awareness. This class is great for 1 & 2-year-olds at all stages of development. (dw)

Session: October 3rd- December 23rd

Res/NR: \$100/\$115

Session	Day	Time
210102-31	W	10:00-10:50A
210102-51	F	10:00-10:50A

PRESCHOOL PLAYTIME (Age 1-5)

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 swing-ing An adult over the age of 18 is required to stay with participant during open gym time, This is a parent supervised activity. The 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.

Daily Fee: \$7/Child

Year-Round: Tuesday, 12:30-1:30P

October- May Sunday, 4:00-5:00P Thursday 11:15A-12:15P, Friday 12:30-1:30P & Saturday 3:30-4:30P

ALL AGES OPEN GYM

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, time will be structured for safety reasons. Pirouettes Gymnastics staff will be on duty for supervision and to assist and/or spot. Due to the format and a wide variety of ages involved in this program parents are required to stay with their children.

October- May Monday 1:00-2:00P

FEE: \$7/Gymnast

On the following school holidays that fall on a Monday the Gymnastics Department will host an additional All Ages Open Gym 2:00-3:00p; Columbus Day, Veteran's Day, Martin Luther King, President's Day and Pulaslki Day. Please reference our Facebook page and watch your email for additional Open Gyms to be added for canceled days of school and Thanksgiving, Winter, Easter, and Spring Breaks.

Kids typically stay in a level for about 1 year.

Special Olympics Gymnastics
is on pg. 45!

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Girls School Aged Gymnastics (Age: 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 on Vault, Bars, Beam, and Floor in each class before being promoted to the next. All beginner girls ages 6 and up should enroll in Bronze I. (dw)

Session: October 3- December 23

Bronze 1 (Beginner) Res/NR: \$122/\$140

Session	Day	Time
210401-01	Su	9:45-11:00A
210401-02	Su	10:15-11:30A
210401-03	Su	12:15-1:30P
210401-11	M	3:00-4:15P
210401-12	M	3:45-5:00P
210401-13	M	5:00-6:15P
210401-14	M	6:15-7:30P
210401-15	M	7:30-8:45P
210401-21	Tu	3:00-4:15P
210401-22	Tu	3:45-5:00P
210401-23	Tu	5:00-6:15P
210401-24	Tu	6:45-8:00P
210401-31	W	3:45-5:00P
210401-32	W	5:00-6:15P
210401-33	W	6:45-8:00P
210401-51	F	3:45-5:00P
210401-60	Sa	10:15-11:30A
210401-61	Sa	11:30-12:45A

Bronze 2 (Advanced Beginner)

Res/NR: \$122/\$140

Session	Day	Time
210402-01	Su	9:00-10:15A
210402-02	Su	10:15A-11:45P
210402-03	Su	11:30A-12:45P
210402-12	M	3:45-5:00P
210402-13	M	5:00-6:15P
210402-14	M	6:15-7:30P
210402-22	Tu	3:45-5:00P
210402-23	Tu	6:15-7:30P
210402-24	Tu	7:30-8:45P
210402-31	W	3:45-5:00P
210402-32	W	5:00-6:15P
210402-33	W	6:15-7:30P
210402-34	W	7:30-8:45P
210402-51	F	5:00-6:15P
210402-53	F	6:15-7:30P
210402-61	Sa	9:00-10:15A

Silver I (Intermediate #1)

Res/NR: \$165/\$180

Session	Day	Time
210403-01	Su	10:45A-12:30P
210403-11	M	3:45-5:30P
210403-12	M	5:30-7:15P
210403-13	M	7:15-9:00P
210403-22	Tu	3:45-5:30P
210403-31	W	3:45-5:30P
210403-32	W	5:30-7:15P
210403-33	W	7:15-9:00P
210403-41	Th	3:45-5:30P
210403-42	Th	5:30-7:15P
210403-51	F	6:15-8:00P
210403-61	Sa	12:30-2:15P

Silver 2 (Intermediate #2)

Res/NR: \$165/\$180

Session	Day	Time
210404-01	Su	9:00-10:45A
210404-11	M	3:45-5:30P
210404-21	Tu	5:30-7:15P
210404-31	W	3:45-5:30P
210404-42	Th	5:30-7:15P
210404-61	Sa	11:45A-1:30P

Gold 1 & 2 (Advanced) Res/NR: \$200/\$210

Gold level requires gymnasts to register for twice a week, please choose two days during the registration process.

Session	Day	Time
210405-01	Su	9:00-11:45A
210405-10	M	3:45-6:15P
210405-11	M	6:15-9:00P
210405-40	Th	3:45-6:15P
210405-41	Th	6:15-9:00P
210405-51	F	3:45-6:15P
210405-61	Sa	9:00A-11:45P

Private Gymnastics/Tumbling Lessons

(Age: 6 & up)

MUST BE CURRENT STUDENT OF THE GYMNASTICS/TUMBLING PROGRAM AND AGE 6 & UP TO PARTICIPATE. 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 the referral of another Pirouettes Gymnastics staff member. You must pay for a lesson at the front desk on the day of the lesson and give a receipt to the private lesson instructor. (dw)

ONE ON ONE LESSONS**1 Hour lesson for one student FEE: \$40****SEMI-PRIVATE LESSONS (available for up to 3 students)****1 Hour lesson for 2 or more students FEE: \$45****PIROUETTES OPEN GYM** (ages 6 & up)

Open gymnastics is not a class, it is a time for students to work on gymnastics skills or just to have fun with a friend. However, 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 an open gym. Home phone numbers 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: October- May Sunday 6:00-7:00p Saturday 5:30-6:30p

FEE: \$7/Gymnast

Max: Limited to 30 participants

Kids typically stay in a level for about 1 year.

Cheer Tumble Open Gym (Age: 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 into the Pirouettes Gymnastics staff for admittance to an 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. (dw)

Day/Time: Tuesdays & Thursdays, 8:30-9:30P

Res/NR: \$7/Tumblers

Cheer Tumbling (Age: 6 & up)

This class is a great introduction to tumbling, as well as a great time for more advanced tumblers to improve their tumbling skills and jumps. Students learn the proper form and technique for cartwheels and round offs. Emphasis is on body awareness and understanding of how the body performs through tumbling skills. Before moving onto an intermediate class athletes are expected to perform cartwheels, round-offs, back walkovers or back limbers without a spotter and with good form. Beginner tumblers should sign up for the Cheer Tumble Beginner class. Note-If a Tumbler is signed up for the wrong level class they will be moved to the appropriate level and safest place to learn. (dw)

Session: October 3- December 23

Tumbling Beginner Res/NR: \$100/\$115

Session	Day	Time
210701-01	Su	12:00-1:00P
210701-31	W	6:30-7:30P
210701-41	Th	6:30-7:30P
210701-61	Sa	1:30-2:30P

Tumbling Intermediate Res/NR: \$100/\$115

Required Skills- cartwheel, round off, back walkover or back limber without a spotter and with good form.

Session	Day	Time
210702-01	Su	1:00-2:00P
210702-10	M	7:30-8:30P
210702-22	Tu	7:30-8:30P
210702-31	W	7:30-8:30P

Tumbling Advanced Res/NR: \$100/\$115

Required Skills- round-off flip flop & standing Flip Flop without spotter.

Session	Day	Time
210703-11	M	8:30-9:30P
210703-31	W	8:30-9:30P
210703-41	Th	7:30-8:30P

Tumbling Elite Res/NR: \$100/\$115

Required Skills- round off flip flop back tuck & standing back tuck without spotter.

Session	Day	Time
210704-31	W	8:30-9:30P

USA Gymnastics Competitive Team

This advanced-level program requires commitment and love for the sport of gymnastics. There are 5 competitive levels (4-9). Team members will train year-round and compete at USA Gymnastics Competitions. Head Team Coach will invite potential team members for trial training time with the team. Team members will train at least 3-4 days per week. PDNA (dw)

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Boys Only Preschool Gymnastics (Age: 3-5)

Gymnastics at a young age provides a strong basis for all sports. Our program focuses on the development of fine and gross motor skills, social skills while introducing your child to gymnastics in a fun, encouraging environment emphasizing basics and safety. Students will increase coordination, flexibility, strength, and self-esteem by participating in gymnastics. Boys will learn basic skills on vault, high bar, p-bars, rings and tumbling, each level builds up to the next. Participants must be toilet trained. Beginners should register for Boys Mini Stars. (dw)

Session: October 3- December 23

Mini Stars-Boys Only (Beginner)

Res/NR: \$100/\$115

Session	Day	Time
210301-14	M	4:15-5:15P
210301-15	M	6:15-7:15P
210301-31	W	4:15A-5:15P
210301-32	W	5:15-6:15P
210301-61	Sa	11:30A-12:30P
210301-62	Sa	12:30-1:30P

Shooting Stars-Boys Only

(Advanced Beginner) Res/NR: \$100/\$115

Session	Day	Time
210302-12	M	5:15-6:15P
210302-31	W	6:15-7:15P
210302-60	Sa	10:15-11:15A

Sports & Agility Class (COED Age: 3-5)

We practice skills that will help you in all sports. 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. Sports introduced during this class; gymnastics, baseball/softball, hockey, football, tennis, soccer, kickball, martial arts, volleyball, bowling and Ninja skills. Participants must be toilet trained. (dw)

Session: October 3- December 23

Res/NR: \$100/\$115

Session	Day	Time
210304-21	Tu	9:00-9:50A
210304-31	W	1:00-1:50P

Adult Gymnastics (Age: 16 & up)

This class is not just for the former gymnast. It is geared for the very beginner who wants to try to walk on the beam, learn a cartwheel or hang on the bars or experienced gymnasts. Pirouettes staff will help you experience your gymnastics dreams at an introductory level. We also work to help you developing core strength, coordination, balance, flexibility and body awareness. (dw)

Res/NR: \$100/\$115

Session	Date	Day	Time
210001-11	10/03-12/23	M	7:00-8:00P

Boys School Aged Gymnastics (Age: 6 & up)

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 Trak, Tumbling and P-bars. Beginner boys should sign up for Boys Bronze 1. (dw)

Session: October 3- December 23

Bronze 1 & 2 Boys (Beginner, Age: 6 & up)

Res/NR: \$122/\$140

Session	Day	Time
210501-21	Tu	3:45-5:00P
210501-22	Tu	5:00-6:15P
210501-23	Tu	6:15-7:30P
210501-61	Sa	9:00-10:15A
210501-62	Sa	10:15A-11:30P

Silver & Pre team Boys (Intermediate,

Age: 6 & up)

(2 hours) Res/NR: \$185/\$200

Session	Day	Time
210503-31	W	4:00-6:00P

Gym Ninjas

Does your child need strength, agility, body control, or discipline... just like a ninja? Then this might be the class for them, Kids will learn to focus, be physically fit, and fall like a ninja all while incorporating cross-fit and a little gymnastics into one class. (dw)

Session: October 3- December 23

Res/NR: \$120/\$120

Gym Ninjas Age: 6 & up

Session	Day	Ages	Time
210002-01	Su	6-8	9:00-9:50A
210002-02	Su	6-8	10:00-10:50A
210002-03	Su	9-12	11:00-11:50A
210002-04	Su	9-12	12:00-12:50P
210002-05	Su	9-12	1:00-1:50P
210002-40	Th	6-8	5:00-5:50P
210002-41	Th	6-8	6:00-6:50P
210002-50	F	6-8	4:00-4:50P
210002-51	F	6-8	5:00-5:50P
210002-52	F	6-8	6:00-6:50P
210002-53	F	8 & up	7:00-7:50P
210002-55	F	Invite Only	8:00-8:50P
210002-60	Sa	6-8	12:00-12:50P
210002-61	Sa	6-8	1:00-1:50P

Jr. Gym Ninjas Age: 4-6

Session	Day	Time
210003-22	Tu	10:00-10:45A
210003-23	Tu	11:00-11:45A
210003-31	W	2:15-3:00P
210003-32	W	3:15-4:00P
210003-41	Th	3:00-3:45P
210003-42	Th	4:00-4:45P
210003-50	F	3:45-4:30P
210003-51	F	4:45-5:30P
210003-53	F	5:45-6:30P
210003-60	Sa	9:00-9:45A
210003-61	Sa	10:00-10:45A
210003-62	Sa	11:00-11:45A

Kids typically stay in a level for about 1 year.

Bars Boot Camp (Age: 6-18)

Is your child serious about the sport of gymnastics but is struggling to move up to the next level? Most children struggle on the uneven bars because of their lack of upper body strength but now we can change that. This 1.25-hour class is designed for the most determined children. It will consist of strength, conditioning, and bar skills. This is a supplementary class to gymnasts already enrolled in either a bronze or silver class.

Session: October 3- December 23

Res/NR: \$122/\$140

Silver & Bronze

Session 1	Day	Time
210400-01	Su	12:00-1:15P
210400-02	Su	12:00-1:15P

GYMNASTICS PARTIES

Fun is the theme for Pirouettes Gymnastics Birthday Parties! We can cater to ages 1 year through 12 years old. Kids love our Obstacle Courses, Gymnastics Equipment, Tumble Tramp, and Foam Pit. Children will have one hour of gymnastics activities and games followed by 45 minutes in our Party Room of treats and opening gifts (you provide the treats). Children should wear gym clothes. Parties are designed for children, due to space and time we do not encourage a family party rentals. Reserve your party by calling the Pirouettes Gymnastics Department at (708) 857-2215.

Birthday Party Fees

\$120/per 10 Children

\$10.00 for each individual after 10 Children Party Options Available

Preschool Gymnastics (Ages 1-6)

Parents and preschool-aged children can explore the gymnastics gym together. Pirouettes Gymnastics instructors will provide supervision for your party-goers to have a safe and fun experience while jumping, climbing, and swinging. Children ages 1-3 years are required to be accompanied by an adult. Adults will not be permitted to try the equipment in the gymnastics area. CAN NOT BE SCHEDULE ON SATURDAYS AT 2:30p time slots

School-Aged Gymnastics (Ages 5-12)

Pirouettes Gymnastics instructors will provide your party goers with a safe and fun experience while jumping, climbing, and swinging in our state of the art gymnastics facility. Instructors will lead kids through party activities such as an obstacle course, tumble track, parachute, pit, and more. During our school-aged gymnastics parties, the gymnastics area is a kids-only zone. Adults are required to stay in the viewing area.

Gym Ninja Parties (Ages 5 -12)

The focus of our Gym Ninja parties is to be a challenging fun experience. Party guests will climb, swing, and jump their way into fun. Party plans include the warped wall, ring obstacle, monkey bar bridge, Tumble Trak, rock wall, and the pit. During our Gym Ninja parties, the gymnastics area is a kids-only zone. Adults are required to stay in the viewing area.