

## 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.

### Registration Dates:

Resident registration begins: **July 29**  
Non-Residents registration begins: **August 12**

### EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.  
**Early Bird Period:** July 29 - August 26

### 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 sport bras only or shirts that show their belly. No jeans allowed!

### Gymnastics Parties (Age: 1-12)

Fun is the theme for Pirouettes Gymnastics Birthday Parties! We cater to ages 1-12. 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 for 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. **PDNA** (dw)  
**Birthday Party Fees:** \$120/per 10 Children \$10 for each individual after 10 Children

### PARTY OPTIONS:

#### Preschool Gymnastics (Age: 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.

#### School Aged Gymnastics (Age: 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 trak, parachute, pit and more. During our school aged gymnastics parties the gymnastics area is a kids only zone. Adults are required to stay in viewing area.

#### Gym Ninja Parties (Age: 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 warp 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 viewing area. **CAN NOT SCHEDULE ON SATURDAYS AT 2:30p time slots.**

### GYMNASTICS EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.  
**Early Bird Period:** July 29 - August 26

### Tot Stars (Age: 1 & 2)

Tot Stars is a grown-up & me class. This program is the perfect way to socialize your child, allow them to learn and understand what it means to follow instruction, and, of course, 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:** September 29 - December 21

**Res/NR:** \$95/\$110

Code	Day	Time
210102-11	M	10:00-11:00A
210102-31	W	9:00-10:00A
210102-32	W	10:00-11:00A
210102-61	Sa	8:00-9:00A
210102-62	Sa	9:00-10:00A

### 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 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.

**Daily Fee:** \$5/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

### Pirouettes Open Gym (Age: 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, 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 Staff 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:** \$5/Gymnast

**Special Olympics Gymnastics is on pg. 50.**

Kids typically stay in a level for about 1 year.

### Girls 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. Girls will learn basic skills on Vault, Bars, Beam, and tumbling, each level builds up to the next.

Participants must be potty trained. (dw)

**Session:** September 29 - December 21

**Mini-Stars** (Beginners) **Res/NR:** \$95/\$110

Code	Day	Time
210201-01	Su	9:00-10:00A
210201-02	Su	10:00-11:00A
210201-03	Su	11:00A-12:00P
210201-11	M	9:00-10:00A
210201-12	M	11:00A-12:00P
210201-14	M	5:00-6:00P
210201-15	M	6:00-7:00P
210201-22	Tu	3:00-4:00P
210201-23	Tu	4:00-5:00P
210201-24	Tu	6:00-7:00P
210201-31	W	11:15A-12:15P
210201-32	W	4:00-5:00P
210201-33	W	6:00-7:00P
210201-41	Th	10:00-11:00A
210201-42	Th	3:00-4:00P
210201-43	Th	5:00-6:00P
210201-44	Th	7:00-8:00P
210201-51	F	9:00-10:00A
210201-54	F	5:00-6:00P
210201-61	Sa	10:15-11:15A
210201-62	Sa	12:15-1:15P

### Shooting Stars (Advanced Beginner)

**Res/NR:** \$95/\$110

Code	Day	Time
210202-01	Su	9:00-10:00A
210202-02	Su	11:00A-12:00P
210202-11	M	12:00-1:00P
210202-12	M	4:00-5:00P
210202-22	Tu	5:00-6:00P
210202-24	Tu	7:00-8:00P
210202-31	W	12:15-1:15P
210202-32	W	5:00-6:00P
210202-41	Th	9:00-10:00A
210202-43	Th	4:00-5:00P
210202-44	Th	6:00-7:00P
210202-51	F	11:00A-12:00P
210202-53	F	6:00-7:00P
210202-61	Sa	11:15-12:15A

### Super Stars Girls (Intermediate)

**Res/NR:** \$116/\$135

Code	Day	Time
210203-21	Tu	5:00-6:15P
210203-22	Tu	3:45-5:00P
210203-31	W	1:30-2:45P
210203-42	Th	5:00-6:15P
210203-61	Sa	12:15-1:30P

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

**Res/NR:** \$270/\$310

Code	Day	Time
210204-21	Tu Th	4:00-5:45P



**GYMNASTICS EARLY BIRD REGISTRATION**

Take \$10 off during Early Bird Registration.

Early Bird Period: July 29 - August 26

**Pirouettes Medal Program Girls**

(Age: 6 &amp; up)

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: September 29 - December 21

**Bronze 1 (Beginner) Res/NR: \$116/\$135**

Code	Day	Time
210401-01	Su	9:00-10:15A
210401-02	Su	10:15-11:30A
210401-03	Su	11:30A-12:45P
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
210401-22	Tu	3:45-5:00P
210401-23	Tu	5:00-6:15P
210401-24	Tu	6:15-7:30P
210401-31	W	3:45-5:00P
210401-32	W	5:00-6:15P
210401-33	W	6:15-7:30P
210401-42	Th	3:45-5:00P
210401-43	Th	5:00-6:15P
210401-44	Th	6:15-7:30P
210401-45	Th	7:30-8:45P
210401-51	F	5:00-6:15P
210401-52	F	6:15-7:30P
210401-61	Sa	11:15A-12:30P
210401-62	Sa	12:30-1:45P

**Bronze 2 Girls (Advanced Beginner)**

Res/NR: \$116/\$135

Code	Day	Time
210402-01	Su	9:00-10:15A
210402-02	Su	10:15-11:30A
210402-03	Su	11:30A-12:45P
210402-11	M	3:00-4:15P
210402-12	M	3:45-5:00P
210402-13	M	5:00-6:15P
210402-14	M	6:15-7:30P
210402-15	M	7:30-8:45P
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
210402-42	Th	3:45-5:00P
210402-43	Th	5:00-6:15P
210402-44	Th	6:15-7:30P
210402-51	F	3:45-5:00P
210402-52	F	6:15-7:30P
210402-61	Sa	10:00-11:15A

**Silver I (Intermediate #1) Res/NR: \$145/\$165**

Code	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	5:30-7:15P
210403-61	Sa	12:30-2:15P

**Silver 2 (Intermediate #2) Res/NR: \$145/\$165**

Code	Day	Time
210404-11	M	3:45-5:30P
210404-21	Tu	5:30-7:15P
210404-22	Tu	7:15-9:00P
210404-31	W	3:45-5:30P
210404-41	Th	3:45-5:30P
210404-42	Th	5:30-7:15P
210404-43	Th	7:15-9:00P
210404-51	F	3:45-5:30P
210404-61	Sa	12:30-2:15P

**Gold 1 & 2 (Advanced) Res/NR: \$180/\$200**

GOLD 1 & 2 participants are required to sign up for 2 days a week however have the option to choose which day they would like to attend. Please choose two days during the registration process.

Code	Day	Time
210405-11	M	6:45-9:00P
210405-31	W	6:45-9:00P

**Gold 1 & 2**

210405-01	Su	9:00A-12:00P
210405-10	M	3:45-6:15P
210405-30	W	3:45-6:15P
210405-51	F	3:45-6:15P
210405-61	Sa	10:00A-12:30P

**Gold 2**

210405-21	Tu	6:00-9:00P
210405-41	Th	6:00-9:00P

**Private Gymnastics/Tumbling Lessons**

(Age: 6 &amp; up)

**MUST BE CURRENT STUDENT OF THE GYMNASISTICS/TUMBLING PROGRAM AND AGE 6 & UP TO PARTICIPATE.** 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. (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 students FEE: \$45

1 Hour lesson for 3 students FEE: \$45

Kids typically stay in a level for about 1 year.

**Cheer Tumbling (Age: 6 & up)**

Cheer Tumbling is a great introduction to tumbling, as well as a great time for more advanced tumblers to improve their tumbling skills and jumps for cheerleading. The 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. 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: September 29 - December 21

**Tumbling Beginner Res/NR: \$95/\$110**

Code	Day	Time
210701-01	Su	11:00A-12:00P
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: \$95/\$110**

Required Skills- cartwheels, roundoffs, back walkovers or back limbers without a spotter and with good form.

Code	Day	Time
210702-01	Su	12:00-1:00P
210702-21	Tu	5:30-6:30P
210702-22	Tu	6:30-7:30P
210702-23	Tu	7:30-8:30P
210702-31	W	7:30-8:30P

**Tumbling Advanced Res/NR: \$95/\$110**

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

Code	Day	Time
210703-11	M	7:30-8:30P
210703-31	W	8:30-9:30P

**Tumbling Elite Res/NR: \$95/\$110**

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

Code	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 a trial training time with the team. Team members will train at least 3-4 days per week. PDNA (dw)

**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 gymnast. 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)

Session: September 29 - December 21

Res/NR: \$95/\$110

Code	Day	Time
210001-31	W	8:30-9:30P

**GYMNASTICS EARLY BIRD REGISTRATION**

Take \$10 off during Early Bird Registration.

Early Bird Period: July 29 - August 26

**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 potty trained. All beginner boys ages 3-5 should register for Boys Mini Stars. (dw)

Session: September 29 - December 21

**Mini Stars-Boys Only** (Beginner)

Res/NR: \$95/\$110

Code	Day	Time
210301-01	Su	10:00-11:00A
210301-14	M	4:00-5:00P
210301-15	M	6:00-7:00P
210301-31	W	4:00-5:00P
210301-32	W	5:00-6:00P
210301-52	F	4:00-5:00P
210301-61	Sa	10:15-11:15A
210301-62	Sa	12:15-1:15P

**Shooting Stars-Boys Only**

(Advanced Beginner) Res/NR: \$95/\$110

Code	Day	Time
210302-11	M	12:00-1:00P
210302-12	M	5:00-6:00P
210302-31	W	6:00-7:00P
210302-61	Sa	11:15A-12:15P

**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 is 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 potty trained. (dw)

Session: September 29 - December 21

Res/NR: \$95/\$110

Code	Day	Time
210304-31	W	1:00-1:50P
210304-41	Th	9:00-9:50A
210304-51	F	10:10-11:00A

**Kids Night Out** (Age: 3-12)

Kids will participate in activities all night long while parents can have their own free time. Children will participate in gym time, arts & crafts, and a movie/snack break. Participants can bring pillows & blanket and get comfy while watching a movie. Kids must be Potty Trained & bring their own water bottle with a sports top. (dw) Advanced Registration is Required. No walk-ins accepted. \$5 discount for siblings. (dw)

Code	Day	Date	Time
210109-01	F	10/25	6:30-10:30P
210109-02	F	11/15	6:30-10:30P
210109-03	F	12/13	6:30-10:30P

**Boys Only 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 sign up for Boys Bronze 1. (dw)

Session: September 29 - December 21

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

Res/NR: \$116/\$135

Code	Day	Time
210501-22	Tu	3:45-5:00P
210501-41	Th	5:00P-6:15p
210501-61	Sa	11:15A-12:30P

**Bronze 2 Boys** (Advanced Beginner 2, Age: 6-8)

Res/NR: \$116/\$135

Code	Day	Time
210502-21	Tu	5:00-6:15P
210502-61	Sa	10:00-11:15A

**Silver Boys** (Intermediate, Age: 6 & up)

(2 hours) Res/NR: \$160/\$180

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

**Bronze 1 & 2 Boys Age 9 & Up**

Res/NR: \$145/\$165

**Bronze 1**

Code	Day	Time
210504-21	Tu	6:15-8:00P

**Bronze 2**

210504-22	Tu	6:15-8:00P
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**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 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: September 29-December 21

Res/NR: \$116/\$135

Code	Day	Time
210400-01	Su	12:45-2:00P
210400-02	Su	12:45-2:00P

**NEW HOLIDAY OPEN GYM****Saturday, December 7th**

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 child will have an opportunity to do a holiday craft, receive a holiday book and a goodie bag. Please bring your camera to capture a 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. EARLY BIRD Discount of \$3 off if registered before November 25th. PDNA (dw)

Fee: \$15

Code	Day	Time	Ages
210200-01	Sa	3:00-4:00P	1-8
210200-02	Sa	4:15-5:15P	1-5
210200-03	Sa	5:15-6:15P	1-5

**Cheer Tumble Open Gym** (Age: 6 & 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. (dw)

Fee: \$5/Tumbler

Date	Day	Time
Year-round	Tu & Th	8:30-9:30P

**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: \$5/Gymnast

**Gym Ninjas**

Does your child need strength, agility, body control, or discipline - just like a ninja? This is the class for them. Kids will learn to focus, be physically fit, and fall like a ninja all while incorporating cross fit and some gymnastics into one class.

Session I: September 29 - December 21

Res/NR: \$110/\$110

**Gym Ninjas Age: 6 & up**

Code	Day	Time	Ages
210002-01	Su	9:00-9:50A	6-8
210002-02	Su	9:50-10:40A	8 & up
210002-03	Su	10:40-11:30A	8 & up
210002-50	F	3:50-4:40P	6-8
210002-51	F	4:40-5:30P	6-8
210002-52	F	5:30-6:20P	6-8
210002-53	F	6:20-7:10P	8 & up
210002-54	F	7:10-8:00P	8 & up
210002-60	Sa	12:00-12:50P	6-8
210002-61	Sa	12:50-1:40P	6-8
210002-62	Sa	1:40-2:30P	8 & up
210002-63	Sa	2:30-3:20P	8 & up
210002-55	F	6:20-7:10P	INVITE ONLY

**Jr. Gym Ninjas Age: 4-6**

Code	Day	Time
210003-21	Tu	9:15-10:00A
210003-22	Tu	10:00-10:45A
210003-23	Tu	10:45-11:30A
210003-24	Tu	11:30A-12:15P
210003-30	W	1:30-2:15P
210003-31	W	2:15-3:00P
210003-32	W	3:00-3:45P
210003-60	Sa	10-10:45A
210003-61	Sa	10:45-11:30A
210003-62	Sa	11:30-12:15P



Kids typically stay in a level for about 1 year.