

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: **February 4**
Non-Residents registration begins: **February 18**

EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.
Early Bird Period: February 4th- March 4th

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 can cater to ages 1 year through 12 years old. Kids love our Obstacle Courses, Gymnastics Equipment, Tumble Tramp 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. **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.

GYMNASTICS EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.
Early Bird Period: February 4 - March 4

Tot Stars (Age: 1 & 2)

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 socializing, crawling, jumping, climbing, swinging, playing and singing together. This program includes both group activities and independent playtime. Parents are required to stay with children during class time, this is a parent-supervised class. Tot Stars Gymnastics is great for tots at all stages of development. Please don't bring older siblings to class. (dw)

Session: April 7-June 30 (12 wks.)

Res/NR: \$91/\$106

Code	Day	Time
410102-11	M	10:00-11:00A
410102-31	W	9:00-10:00A
410102-32	W	10:00-11:00A
410102-60	Sa	8:00-9:00A
410102-61	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: Tuesdays, 12:30-1:30P

October-May: Su: 4:00-5:00P, Th: 11:15A-12:15P,
F: 12:30-1:30P, & Sa: 3:30-4:30P

EGGcellent Open Gym - Saturday, April 6

Don't fight the NASTY weather outside to celebrate Easter. Join us for the Most EGGcellent Easter event. We will have Special Easter activities for your child and they will have the opportunity to explore our gymnastics gym. Give them a chance to work off some of that energy by crawling, jumping, climbing & swinging inside at our EGGcellent Gymnastics facility away from the COLD weather. Children have the chance to meet the Easter Bunny, do an Easter craft, receive a springtime book and best yet they will receive a goodie bag, with NO candy in it. Parents are required to stay with their children during the event. Registration is required for this event, please sign up early to guarantee availability. **PDNA**

Fee on or before April 1: Res/NR \$12/\$12

Fee on or after April 2: Res/NR \$15/\$15

Code	Time	Ages
410100-01	9:00-10:00A	1-5
410100-02	10:15-11:15A	1-5
410100-03	11:30A-12:30P	All Ages
410100-04	1:00-2:00P	All Ages

**Find Special Olympics Gymnastics on
page 50.**

Kids
typically
stay in a level for
about
1 year.

Girls Preschool Gymnastics (Age: 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. Girls can increase coordination, flexibility, strength and self-esteem by participating in gymnastics. The Pirouettes Gymnastics Pre-Gym system makes all students stars: each level builds up to the next. Girls will learn basic skills on Vault, Bars, Beam & tumbling. Participants must be potty trained. All beginner girls ages 3-5 should register for Mini Stars. (dw)

Session: April 7-June 30 (12 wks.)

Mini-Stars (Beginners) **Res/NR:** \$91/\$106

Code	Day	Time
410201-01	Su	9:00-10:00A
410201-02	Su	10:00-11:00A
410201-03	Su	11:00A-12:00P
410201-11	M	9:00-10:00A
410201-12	M	11:00A-12:00P
410201-13	M	3:00-4:00P
410201-14	M	5:00-6:00P
410201-15	M	6:00-7:00P
410201-22	Tu	3:00-4:00P
410201-23	Tu	4:00-5:00P
410201-24	Tu	6:00-7:00P
410201-32	W	4:00-5:00P
410201-33	W	6:00-7:00P
410201-41	Th	10:00-11:00A
410201-43	Th	5:00-6:00P
410201-44	Th	7:00-8:00P
410201-51	F	9:00-10:00A
410201-53	F	4:00-5:00P
410201-61	Sa	10:15-11:15A
410201-62	Sa	12:15-1:15P

Shooting Stars (Advanced Beginner)

Res/NR: \$91/\$106

Code	Day	Time
410202-01	Su	9:00-10:00A
410202-02	Su	11:00A-12:00P
410202-11	M	12:00-1:00P
410202-12	M	4:00-5:00P
410202-22	Tu	5:00-6:00P
410202-23	Tu	7:00-8:00P
410202-31	W	12:15-1:15P
410202-32	W	5:00-6:00P
410202-40	Th	10:00-11:00A
410202-41	Th	9:00-10:00A
410202-43	Th	4:00-5:00P
410202-44	Th	6:00-7:00P
410202-51	F	11:00A-12:00P
410202-52	F	6:00-7:00P
410202-61	Sa	11:15A-12:15P

Super Stars Girls (Intermediate)

Res/NR: \$112/\$130

Code	Day	Time
410203-21	Tu	3:45-5:00P
410203-22	Tu	5:00-6:15P
410203-31	W	1:30-2:45P
410203-42	Th	5:00-6:15P
410203-61	Sa	12:15-1:30P

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

Res/NR: \$274/\$316

Code	Day	Time
410204-21	Tu,Th	4:00-5:45P

GYMNASTICS EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.

Early Bird Period: February 4- March 4

Pirouettes Medal Program Girls

(Age: 6 & 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: April 7-June 30 (12 wks.)

Bronze 1 (Beginner) Res/NR: \$112/\$130

Code	Day	Time
410401-01	Su	9:00-10:15A
410401-02	Su	10:15-11:30A
410401-03	Su	11:30A-12:45P
410401-11	M	3:00-4:15P
410401-12	M	3:45-5:00P
410401-13	M	5:00-6:15P
410401-14	M	6:15-7:30P
410401-15	M	7:30-8:45P
410401-22	Tu	5:00-6:15P
410401-23	Tu	6:15-7:30P
410401-31	W	3:45-5:00P
410401-32	W	5:00-6:15P
410401-33	W	6:15-7:30P
410401-41	Th	3:45-5:00P
410401-42	Th	5:00-6:15P
410401-43	Th	6:15-7:30P
410401-51	F	5:00-6:15P
410401-52	F	6:15-7:30P
410401-61	Sa	11:15A-12:30P
410401-62	Sa	12:30-1:45P
410401-63	Sa	10:00-11:15A

Bronze 2 Girls (Advanced Beginner)

Res/NR: \$112/\$130

Code	Day	Time
410402-01	Su	9:00-10:15A
410402-02	Su	10:15-11:30A
410402-03	Su	11:30A-12:45P
410402-11	M	3:00-4:15P
410402-12	M	3:45-5:00P
410402-13	M	5:00-6:15P
410402-14	M	6:15-7:30P
410402-15	M	7:30-8:45P
410402-22	Tu	3:45-5:00P
410402-23	Tu	6:15-7:30P
410402-31	W	3:45-5:00P
410402-32	W	5:00-6:15P
410402-33	W	6:15-7:30P
410402-42	Th	3:45-5:00P
410402-43	Th	6:15-7:30P
410402-51	F	3:45-5:00P
410402-52	F	6:15-7:30P
410402-61	Sa	10:00-11:15A
410402-62	Sa	11:15A-12:30P
410402-63	Sa	12:30-1:45P

Kids typically stay in a level for about 1 year.

Silver 1 (Intermediate #1) Res/NR: \$142/\$163

Code	Day	Time
410403-01	Su	10:45A-12:30P
410403-11	M	3:45-5:30P
410403-12	M	5:30-7:15P
410403-13	M	7:15-9:00P
410403-22	Tu	3:45-5:30P
410403-31	W	3:45-5:30P
410403-32	W	5:30-7:15P
410403-33	W	7:15-9:00P
410403-41	Th	3:45-5:30P
410403-42	Th	5:30-7:15P
410403-51	F	5:30-7:15P
410403-61	Sa	12:30-2:15P

Silver 2 (Intermediate #2) Res/NR: \$142/\$163

Code	Day	Time
410404-01	Su	9:00-10:45A
410404-11	M	3:45-5:30P
410404-21	Tu	5:30-7:15P
410404-22	Tu	7:15-9:00P
410404-31	W	3:45-5:30P
410404-41	Th	3:30-5:15P
410404-42	Th	5:30-7:15P
410404-43	Th	7:15-9:00P
410404-51	F	3:45-5:30P
410404-61	Sa	12:30-2:15P

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

Code	Day	Time
410405-11	M	6:45-9:00P
410405-31	W	6:45-9:00P

Gold 1 & 2

Code	Day	Time
410405-01	Su	9:00A-12:00P
410405-10	M	3:45-6:15P
410405-30	W	3:45-6:15P
410405-51	F	3:45-6:15P
410405-61	Sa	10:30A-12:30P

Gold 2

Code	Day	Time
410405-12	M	6:00-9:00P
410405-21	Tu	6:00-9:00P
410405-32	W	6:00-9:00P
410405-41	Th	6:00-9:00P

Private Gymnastics/Tumbling Lessons

(Age: 6 & up)

MUST BE CURRENT STUDENT OF THE GYMNASTICS/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: \$30

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

Co-ed 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)

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. Students learn the proper form and technique for cartwheels and round offs. Emphasis is on body awareness and understanding how the body performs through tumbling skills. Before moving to an intermediate class, athletes are expected to perform cartwheels, roundoffs, back walkovers or back limbers without a spotter and with good form. 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: April 7-June 30 (12 wks.)

Tumbling Beginner Res/NR: \$91/\$106

Code	Day	Time
410701-01	Su	11:00A-12:00P
410701-31	W	6:30-7:30P
410701-41	Th	6:30-7:30P
410701-61	Sa	1:30-2:30P

Tumbling Intermediate Res/NR: \$91/\$106

Code	Day	Time
410702-01	Su	12:00-1:00P
410702-11	M	6:30-7:30P
410702-21	Tu	5:30-6:30P
410702-22	Tu	6:30-7:30P
410702-23	Tu	7:30-8:30P
410702-31	W	7:30-8:30P
410702-41	Th	7:30-8:30P

Tumbling Advanced Res/NR: \$91/\$106

Code	Day	Time
410703-11	M	7:30-8:30P
410703-31	W	8:30-9:30P

Tumbling Elite Res/NR: \$91/\$106

Code	Day	Time
410704-31	W	8:30-9:30P

Girls Bars Boot Camp

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 Girls bronze or silver class. (dw)

Session: April 7-June 30 (12 wks.)

Res/NR: \$112/\$130

Code	Days	Level	Time
410399-01	Su	Bronze	12:45-2:00P
410399-02	Su	Silver	12:45-2:00P

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: April 7-June 30 (12 wks.)

Res/NR: \$91/\$106

Code	Day	Time
410001-11	M	8:30-9:30P

Boys Only Preschool Gymnastics

(Age: 3-5)

Gymnastics 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. Boys can increase coordination, flexibility, strength and self-esteem by participating in gymnastics. Boys will learn basic skills on the Rings, Pommel Horse, Vault, High Bar, Tumble Trak, Tumbling and P-bars. Participants must be potty trained. First Level of the Boys Pre-Gym Program. All beginner boys ages 3-5 should register for Boys Mini Stars. (dw)

Session: April 7-June 30 (12 wks.)

Mini Stars-Boys Only (Beginner)

Res/NR: \$91/\$106

Code	Day	Time
410301-01	Su	10:00-11:00A
410301-12	M	11:00A-12:00P
410301-14	M	4:00-5:00P
410301-15	M	6:00-7:00P
410301-31	W	4:00-5:00P
410301-32	W	5:00-6:00P
410301-53	F	5:00-6:00P
410301-61	Sa	10:15-11:15A

Shooting Stars-Boys Only

(Advanced Beginner) Res/NR: \$91/\$106

Code	Day	Time
410302-11	M	12:00-1:00P
410302-12	M	5:00-6:00P
410302-31	W	6:00-7:00P
410302-61	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 will be taught by Pirouettes Gymnastics staff and will take place in the gymnastics area using gymnastics and sports equipment. Participants must be potty trained. (dw)

Session: April 7-June 30 (12 wks.)

Res/NR: \$91/\$106

Code	Day	Time
410304-31	W	1:00-1:50P
410304-41	Th	9:00-9:50A
410304-51	F	10:10-11:00A

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, 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)

DATE: October-May,

DAY/TIME: Sunday, 6:00-7:00P

Saturday, 5:30-6:30P

FEE: \$5/Gymnast

Kids typically stay in a level for about 1 year.

GYMNASTICS EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.

Early Bird Period: February 4-March 4

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. See below for Bronze Boys ages 9 & up. (dw)

Session: April 7-June 30 (12 wks.)

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

Res/NR: \$112/\$130

Code	Day	Time
410501-22	Tu	3:45-5:00P
410501-41	Th	5:00-6:15P
410501-61	Sa	11:15A-12:30P

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

Res/NR: \$112/\$130

Code	Day	Time
410502-21	Tu	5:00-6:15P
410502-41	Th	3:45-5:00P
410502-63	Sa	10:00-11:15A

Silver Boys (Intermediate, Age: 6 & up)

(2 hours) Res/NR: \$154/\$178

Code	Day	Time
410503-31	W	4:00-6:00P

Bronze Boys Age 9 & Up (Beginner)

This class is specifically designed for boys ages 9 & up in the Boys Recreation Program.

Session: April 7-June 30 (12 wks.)

Res/NR: \$142/\$163

Code	Level	Day	Time
410504-21	Bronze 1	Tu	6:45-8:30P
410504-22	Bronze 2	Tu	6:45-8:30P

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: April 7-June 30 (12 wks.)

Res/NR: \$110/\$110

Gym Ninjas Age: 6 & up

Code	Day	Time	Ages
410002-01	Su	9:00-9:50A	6-8
410002-02	Su	9:50-10:40A	8-12
410002-04	Su	10:40-11:30A	6-10
410002-50	F	4:40-5:30P	6-7
410002-51	F	5:30-6:20P	6-7
410002-52	F	6:20-7:10P	7-8
410002-53	F	7:10-8:00P	8 & up
410002-61	Sa	12:00-12:50P	6-7
410002-62	Sa	12:50-1:40P	7-8
410002-63	Sa	1:40-2:30P	6-8
410002-64	Sa	2:30-3:20P	8 & up
410002-70	F	6:20-7:10P	Invite Only

Jr. Gym Ninjas Age: 4-6

Code	Day	Time	Ages
410003-21	Tu	9:30-10:15A	4-6
410003-22	Tu	10:15-11:00A	4-6
410003-23	Tu	11:00-11:45A	4-6
410003-31	W	2:15-3:00P	4-6
410003-32	W	3:15-4:00P	4-6
410003-61	S	10:00-10:45A	4-6

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 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, the time will be structured for safety reasons. Pirouettes Gymnastics staff will be on duty for supervision and to assist and/or spot. Due the format and 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

Spring Fling Show- Sunday, May 19th

Participants in our Special Olympics, Bronze and Silver classes will learn skills for their performance during their class time. They will receive a t-shirt to wear for the show and a gymnastics award at the show. This is a great opportunity for your gymnast to show what he/she has learned. Pirouettes Team Members will give a special performance at the end of the show. Spectator Show Admission is \$1/person. Show times will be assigned about a week prior to the show. Sign up deadline is Sunday, May 10th. Early bird: \$10 off before May 1st. Deadline is May 10th. PDNA

Res/NR: \$30/\$30

Code	Level
410400-01	Bronze 1 Girls
410400-02	Bronze 2 Girls
410400-03	Silver 1 Girls
410400-04	Silver 2 Girls
410500-10	Bronze 1 Boys
410500-11	Bronze 2 Boys
410500-12	Silver Boys
410500-13	Special Olympics

Spring Show Mega, Hot & Small Shots Sunday, May 19th

Children will learn skills for their performance during their class time. Girls will receive a Leotard to wear for the show and a gymnastics award at the show. This will be a great opportunity for your gymnast to show what he/she has learned. Pirouettes Team Members will give a special performance at the end of the show. Spectator Admission for the show will be \$1/person. Show times will be assigned about a week prior to the show. Deadline for sign up for these levels is April 15th, 2019.

Early Bird \$10 off on or before April 1st. PDNA

Res/NR: \$60/\$60

Code	Level
410407-05	Gold 1
410407-06	Gold 2
410407-07	Mega Stars
410407-08	Small Shots
410407-09	Hot Shots