

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: **April 29**
 Non-Residents registration begins: **May 13**

EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.
Early Bird Period: April 29 - May 31

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: April 29 - May 31

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. (dw)

Session I: July 1st-August 10th

Session II: August 12- September 21st

Res/NR: \$55/\$60

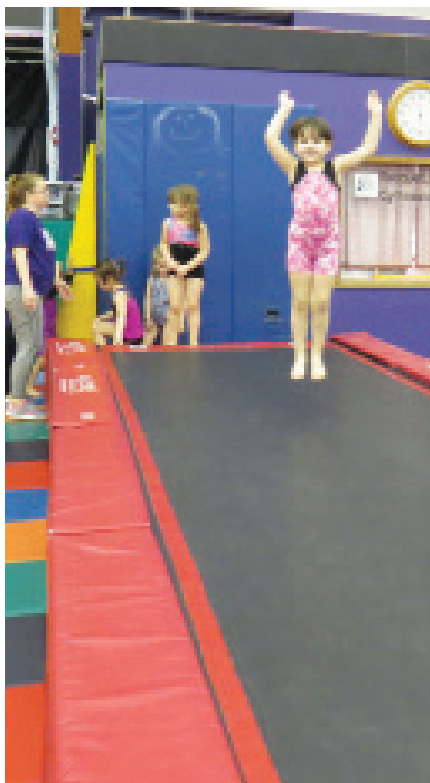
Session I	Session II	Day	Time
110102-11	110122-11	M	9:00-10:00A
110102-31	110122-31	W	9:00-10:00A
110102-62	110122-62	Sa	9:00-10:00A

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 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. 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



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 I: July 1st-August 10th

Session II: August 12- September 21st

Mini-Stars (Beginners) Res/NR: \$55/\$60

Session I	Session II	Day	Time
110201-01	110221-01	S	9:00-10:00A
110201-02	110221-02	S	10:00-11:00A
110201-03	110221-03	S	11:00A-12:00P
110201-11	110221-11	M	10:15-11:15A
110201-14	110221-14	M	5:00-6:00P
110201-15	110221-15	M	6:00-7:00P
110201-21	110221-21	Tu	9:00-10:00A
110201-22	110221-22	Tu	11:00A-12:00P
110201-23	110221-23	Tu	4:00-5:00P
110201-24	110221-24	Tu	6:00-7:00P
110201-31	110221-31	W	10:15-11:15A
110201-32	110221-32	W	4:00-5:00P
110201-33	110221-33	W	6:00-7:00P
110201-42	110221-42	Th	7:00-8:00P
110201-43	110221-43	Th	4:00-5:00P
110201-53	110221-53	F	4:00-5:00P
110201-54	110221-54	F	6:00-7:00P
110201-61	110221-61	Sa	10:15-11:15A
110201-62	110221-62	Sa	12:15-1:15P

Shooting Stars (Advanced Beginner)

Res/NR: \$55/\$60

Session I	Session II	Day	Time
110202-01	110222-01	S	9:00-10:00A
110202-03	110222-03	S	11:00A-12:00P
110202-11	110222-11	M	11:15A-12:15P
110202-12	110222-12	M	4:00-5:00P
110202-21	110222-21	Tu	10:00-11:00A
110202-22	110222-22	Tu	5:00-6:00P
110202-23	110222-23	Tu	7:00-8:00P
110202-31	110222-31	W	11:15A-12:15P
110202-32	110222-32	W	5:00-6:00P
110202-43	110222-43	Th	5:00-6:00P
110202-44	110222-44	Th	6:00-7:00P
110202-51	110222-51	F	5:00-6:00P
110202-61	110222-61	Sa	11:15A-12:15P

Super Stars Girls (Intermediate)

Res/NR: \$65/\$75

Session I	Session II	Day	Time
110203-22	110223-22	Tu	5:00-6:15P
110203-31	110223-31	W	11:15A-12:30P
110203-61	110223-61	Sa	11:15A-12:30P

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

Res/NR: \$140/\$160

Session I	Session II	Day	Time
110204-21	110224-21	Tu,Th	4:00-5:45P

Find Special Olympics Gymnastics on page 58.

GYMNASTICS EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.

Early Bird Period: April 29 - May 31

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 I: July 1st-August 10th

Session II: August 12- September 21st

Bronze 1 (Beginner) Res/NR: \$65/\$75

Session I	Session II	Day	Time
110401-11	XXXXXX	M	10:00-11:15A
110401-12	110421-12	M	3:45-5:00P
110401-13	110421-13	M	5:00-6:15P
110401-14	110421-14	M	6:15-7:30P
110401-21	XXXXXX	Tu	9:00-10:15A
110401-22	110421-22	Tu	5:00-6:15P
110401-23	110421-23	Tu	6:15-7:30P
110401-31	XXXXXX	W	11:45A-1:00P
110401-32	110421-32	W	3:45-5:00P
110401-33	110421-33	W	5:00-6:15P
110401-34	110421-34	W	6:15-7:30P
110401-42	110421-42	Th	3:45-5:00P
110401-51	110421-51	F	3:45-5:00P
110401-52	110421-52	F	6:15-7:30P
110401-62	110421-62	Sa	11:15A-12:30P

Bronze 2 Girls (Advanced Beginner)

Res/NR: \$65/\$75

Session I	Session II	Day	Time
110402-01	110422-01	S	9:00-10:15A
110402-03	110422-03	S	11:30A-12:45P
110402-11	XXXXXX	M	11:15A-12:30P
110402-12	110422-12	M	3:45-5:00P
110402-13	110422-13	M	5:00-6:15P
110402-14	110422-14	M	6:15-7:30P
110402-21	XXXXXX	M	10:15-11:30
110402-22	110422-22	Tu	3:45-5:00P
110402-23	110422-23	Tu	6:15-7:30P
110402-31	XXXXXX	W	11:45A-1:00P
110402-32	110422-32	W	3:45-5:00P
110402-33	110422-33	W	5:00-6:15P
110402-34	110422-34	W	6:15-7:30P
110402-42	110422-42	Th	5:00-6:15P
110402-43	110442-43	Th	6:15-7:30P
110402-51	110422-51	F	5:00-6:15P
110402-61	110442-61	Sa	10:00-11:15A

Silver I (Intermediate #1) Res/NR: \$80/\$90

Session I	Session II	Day	Time
110403-01	110423-01	S	10:45-12:30P
110403-11	XXXXXX	M	10:00-11:45A
110403-12	110423-12	M	3:45-5:30P
110403-13	110423-13	M	5:30-7:15P
110403-21	XXXXXX	T	9:00-10:45A
110403-22	110423-22	T	3:45-5:30P
110403-31	XXXXXX	W	10:00-11:45A
110403-32	110423-32	W	3:45-5:30P
110403-33	110423-33	W	5:30-7:15P
110403-41	110423-41	Th	3:45-5:30P
110403-61	110423-61	Sa	12:30-2:15P

Silver 2 (Intermediate #2) Res/NR: \$80/\$90

Session I	Session II	Day	Time
110404-01	110424-01	S	9:00-10:45A
110404-11	110424-11	M	3:45-5:30P
110404-21	XXXXXX	Tu	10:45A-12:30P
110404-22	110424-22	Tu	5:30-7:15P
110404-31	XXXXXX	W	10:00-11:45A
110404-32	110424-32	W	3:45-5:30P
110404-41	110424-41	Th	5:30-7:15P
110404-61	110424-61	Sa	12:30-2:15P

Gold 1 & 2 (Advanced) Res/NR: \$95/\$105

Session I Session II Day Time

Gold 1 - Mandatory 2 times/week

110405-12	110425-12	M	6:45-9:00P
110405-32	110425-32	W	6:45-9:00P
XXXXXX	110425-01	S	9:00-12:00P
110405-10	XXXXXX	M	9:45A-12:30P
110405-11	110425-11	M	3:45-6:15P
110405-30	110425-30	W	9:45A-12:30P
110405-31	110425-31	W	3:45-6:15P
110405-51	110425-51	F	3:45-6:15P
110405-61	110405-61	Sa	10:00A-12:30P

Gold 2

110405-21	110425-21	Tu	6:00-9:00P
110405-41	110425-41	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 I: July 1st-August 10th

Session II: August 12th- September 21st

Tumbling Beginner Res/NR: \$55/\$60

Session I	Session II	Day	Time
110701-21	110721-21	Tu	6:30-7:30P
110701-31	110721-31	W	6:30-7:30P

Tumbling Intermediate Res/NR: \$55/\$60

Session I	Session II	Day	Time
110702-21	110722-21	Tu	7:30-8:30P
110702-31	110722-31	W	7:30-8:30P

Tumbling Advanced Res/NR: \$55/\$60

Session I	Session II	Day	Time
110703-12	110723-12	M	7:30-8:30P
110703-31	110723-31	W	8:30-9:30P

Tumbling Elite Res/NR: \$55/\$60

Session I	Session II	Day	Time
110704-31	110724-31	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 I: July 1st-August 10th

Session II: August 12- September 21st

Res/NR: \$65/\$75

Bronze

Session I	Session II	Day	Time
110400-21	110420-21	Tu	6:15-7:30P

Silver

110400-11	110420-11	M	6:15-7:30P
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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 I: July 1st-August 10th

Session II: August 12- September 21st

Res/NR: \$55/\$60

Session I	Session II	Day	Time
110001-11	110021-11	M	8:30-9:30P

GYMNASTICS EARLY BIRD REGISTRATION

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 Early Bird Period: April 29 - May 31

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

Session I: July 1st-August 10th

Session II: August 12- September 21st

Mini Stars-Boys Only (Beginner)

Res/NR: \$55/\$60

Session I	Session II	Day	Time
110301-01	110321-01	S	10:00-11:00A
110301-11	110321-11	M	10:00-11:00A
110301-12	110321-12	M	4:00-5:00P
110301-13	110321-13	M	6:00-7:00P
110301-24	110321-21	Tu	10:00-11:00A
110301-31	110321-31	W	4:00-5:00P
110301-32	110321-32	W	5:00-6:00P
110301-61	110321-61	Sa	10:15-11:15A

Shooting Stars-Boys Only

(Advanced Beginner) Res/NR: \$55/\$60

Session I	Session II	Day	Time
110302-11	110322-11	M	11:00A-12:00P
110302-12	110322-12	M	5:00-6:00P
110302-21	110322-21	Tu	11:00A-12:00P
110302-31	110322-31	W	6:00p-7:00P
110302-61	110322-61	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 I: July 1st-August 10th

Session II: August 12- September 21st

Res/NR: \$55/\$60

Session I	Session II	Day	Time
110304-21	110324-21	Tu	9:00-9:50A

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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 I: July 1st-August 10th

Session II: August 12- September 21st

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

Res/NR: \$65/\$75

Session I	Session II	Day	Time
110501-21	110521-21	Tu	3:45-5:00P
110501-61	110521-61	Sa	11:15A-12:30P

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

Res/NR: \$112/\$130

Session I	Session II	Day	Time
110502-21	110522-21	Tu	5:00-6:15P

Silver Boys (Intermediate, Age: 6 & up)

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

Session I	Session II	Day	Time
110503-31	110523-31	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 I: July 1st-August 10th

Session II: August 12- September 21st

Res/NR: \$142/\$163

Bronze I

Session I	Session II	Day	Time
110504-21	110524-21	Tu	1:30-2:30P

Bronze 2

110504-22	110524-22	Tu	1:30-2:30P
110503-62	110523-62	Sa	10:45-11:30A
110503-63	110523-63	Sa	11:30A-12:15P

Dance & Gymnastics Camp

(Ages 3 1/2 -8)

Pirouettes Gymnastics/Dance staff will host a Gymnastics and Dance Camp. Each camper will learn several dances, gymnastics, and a craft or activity each day. Campers should wear a leotard & bring their ballet shoes. (dw)

Res/NR: \$90/\$90

Session I	Day	Date	Time
110200-01	M-F	7/08-7/12	9:00-11:15A
110200-02	M-F	7/15-7/19	9:00-11:15A
110200-03	M-F	7/22-7/26	9:00-11:15A



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 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

School Aged 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.

Tuesday, 1:30-2:30P

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: July 1st-August 10th

Session II: August 12- September 21st

Res/NR: \$60/\$60

Gym Ninjas Age: 6 & up

Session I	Session II	Day	Time	Ages
110005-01	110025-01	Su	9:00-9:50A	6-7
110005-02	110025-02	Su	9:50-10:40A	8-9
110005-03	110025-03	Su	10:40-11:30A	10-13
110005-50	110025-50	F	4:40-5:30P	6-7
110005-51	110025-51	F	5:30-6:20P	6-7
110005-52	110025-52	F	6:20-7:10P	7-8
110005-53	110025-53	F	7:10-8:00P	8 & up
110005-54	110025-54	F	6:20-7:10P	INVITE ONLY
110005-61	110025-61	Sa	12:00-12:50P	6-7
110005-62	110025-62	Sa	12:50-1:40P	7-8
110005-63	110025-63	Sa	1:40-2:30P	6-10

Jr. Gym Ninjas Age: 4-6

Session I	Session II	Day	Time
110003-21	110023-21	Tu	9:00-9:45A
110003-22	110023-22	Tu	9:45-10:30
110003-23	110023-23	Tu	10:30-11:15A
110003-24	110023-23	Tu	11:15A-12:00P
110003-30	XXXXXXXX	W	10:00-10:45A
110003-31	XXXXXXXX	W	10:45-11:30A
110003-32	XXXXXXXX	W	11:30A-12:15P
XXXXXXXX	110023-30	W	1:30-2:15P
XXXXXXXX	110023-31	W	2:15-3:00P
XXXXXXXX	110023-32	W	3:15-4:00P
110003-61	110023-61	Sa	10:00-10:45A

