

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: **October 29**

Non-Residents registration begins: **November 12**

EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.

Early Bird Period: October 29 - November 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! 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

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Early Bird Period: October 29 - November 26

Kids
typically
stay in a level for
about
1 year.

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 do not bring older siblings to class. (dw)

Session: January 6-March 30 (12 wks.)

Res/NR: \$91/\$110

Code	Day	Time
310102-11	M	10:00-11:00A
310102-31	W	9:00-10:00A
310102-32	W	10:00-11:00A
310102-61	Sa	8:00-9:00A
310102-62	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. There will be a limit of 45 participants to an 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

Gym Stars (Age: 6 months-walkers)

This class is time for your little ones to have you all to themselves! Please join us for singing, Fingerplays, 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.

Session: January 6-March 30 (12 wks)

Res/NR: \$91/\$106

Code	Day	Time
310101-31	W	11:15A-12:00P

Girls Preschool Gymnastics (Age: 3-5)

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 and Floor. Participants must be potty trained. All beginner girls ages 3-5 should register for Mini Stars. (dw)

Session: January 6-March 30 (12 wks.)

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

Code	Day	Time
310201-01	Su	9:00-10:00A
310201-02	Su	10:00-11:00A
310201-03	Su	11:00-12:00P
310201-11	M	9:00-10:00A
310201-12	M	11:00A-12:00P
310201-13	M	3:00-4:00P
310201-14	M	5:00-6:00P
310201-15	M	6:00-7:00P
310201-23	Tu	4:00-5:00P
310201-24	Tu	6:00-7:00P
310201-31	W	11:15A-12:15P
310201-32	W	4:00-5:00P
310201-33	W	6:00-7:00P
310201-41	Th	10:00-11:00A
310201-43	Th	5:00-6:00P
310201-44	Th	7:00-8:00P
310201-51	F	9:00-10:00A
310201-52	F	11:00A-12:00P
310201-54	F	5:00-6:00P
310201-61	Sa	10:15-11:15A
310201-62	Sa	12:15-1:15P

Shooting Stars (Advanced Beginner)

Res/NR: \$91/\$106

Code	Day	Time
310202-01	Su	10:00-11:00A
310202-02	Su	11:00A-12:00P
310202-11	M	12:00-1:00P
310202-12	M	4:00-5:00P
310202-22	Tu	5:00-6:00P
310202-23	Tu	7:00-8:00P
310202-31	W	12:15-1:15P
310202-32	W	5:00-6:00P
310202-41	Th	9:00-10:00A
310202-42	Th	3:00-4:00P
310202-43	Th	4:00-5:00P
310202-44	Th	6:00-7:00P
310202-51	F	10:00A-11:00A
310202-52	F	11:00A-12:00P
310202-54	F	6:00-7:00P
310202-61	Sa	11:15-12:15A

Super Stars Girls (Intermediate)

Res/NR: \$112/\$130

Code	Day	Time
310203-21	Tu	5:00-6:15P
310203-31	W	1:30-2:45P
310203-42	Th	5:00-6:15P
310203-61	Sa	12:15-1:30P

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

Res/NR: \$274/\$316

Code	Day	Time
310204-21	Tu,Th	4:00-5:45P

GYMNASTICS EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.

Early Bird Period: October 29 - November 26

Pirouettes Medal Program Girls

(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: January 6-March 30 (12 wks.)

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

Code	Day	Time
310401-01	Su	9:00-10:15A
310401-02	Su	10:15-11:30A
310401-03	Su	11:30A-12:45P
310401-11	M	3:45-5:00P
310401-12	M	5:00-6:15P
310401-13	M	6:15-7:30P
310401-14	M	7:30-8:45P
310401-22	Tu	5:00-6:15P
310401-23	Tu	7:30-8:45P
310401-31	W	3:45-5:00P
310401-32	W	5:00-6:15P
310401-33	W	6:15-7:30P
310401-34	W	7:30-8:45P
310401-42	Th	5:00-6:15P
310401-43	Th	6:15-7:30P
310401-51	F	5:00-6:15P
310401-52	F	6:15-7:30P
310401-61	Sa	11:15A-12:30P
310401-62	Sa	12:30-1:45P

Bronze 2 (Beginner) Res/NR: \$112/\$130

Code	Day	Time
310402-01	Su	9:00-10:15A
310402-02	Su	10:15-11:30A
310402-03	Su	11:30A-12:45P
310402-11	M	3:45-5:00P
310402-12	M	5:00-6:15P
310402-13	M	6:15-7:30P
310402-14	M	7:30-8:45P
310402-21	Tu	3:45-5:00P
310402-23	Tu	6:15-7:30P
310402-31	W	3:45-5:00P
310402-32	W	5:00-6:15P
310402-33	W	6:15-7:30P
310402-34	W	7:30-8:45P
310402-42	Th	3:45-5:00P
310402-43	Th	7:30-8:45P
310402-51	F	3:45-5:00P
310402-53	F	6:15-7:30P
310402-61	Sa	10:00-11:15A



Kids typically stay in a level for about 1 year.

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

Code	Day	Time
310403-01	Su	10:45A-12:30P
310403-11	M	3:45-5:30P
310403-12	M	5:30-7:15P
310403-13	M	7:15-9:00P
310403-22	Tu	3:45-5:30P
310403-31	W	3:45-5:30P
310403-32	W	5:30-7:15P
310403-33	W	7:15-9:00P
310403-41	Th	3:45-5:30P
310403-42	Th	5:30-7:15P
310403-51	F	5:30-7:15P
310403-61	Sa	12:30-2:15P

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

Code	Day	Time
310404-01	Su	9:00-10:45A
310404-11	M	3:45-5:30P
310404-21	Tu	5:30-7:15P
310404-22	Tu	7:15-9:00P
310404-31	W	3:45-5:30P
310404-41	Th	3:30-5:15P
310404-42	Th	5:30-7:15P
310404-43	Th	7:15-9:00P
310404-51	F	3:45-5:30P
310404-61	Sa	12:30-2:15P

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

Code	Day	Time
310405-11	M	6:45-9:00P
310405-31	W	6:45-9:00P

Gold 1 & 2

310405-01	Su	9:00A-12:00P
310405-10	M	3:45-6:15P
310405-30	W	3:45-6:15P
310405-51	F	3:45-6:15P
310405-61	Sa	10:00A-12:30P

Gold 2

310405-22	Tu	6:00-9:00P
310405-41	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. 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. Before moving onto an intermediate class athletes are expected to perform cartwheels, roundoffs, 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: January 6-March 30 (12 wks.)

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

Code	Day	Time
310701-01	Su	11:00A-12:00P
310701-31	W	6:30-7:30P
310701-41	Th	6:30-7:30P
310701-61	Sa	1:30-2:30P

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

Code	Day	Time
310702-11	M	6:30-7:30P
310702-21	Tu	5:30-6:30P
310702-22	Tu	6:30-7:30P
310702-23	Tu	7:30-8:30P
310702-31	W	7:30-8:30P
310702-41	Th	7:30-8:30P

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

Code	Day	Time
310703-11	M	7:30-8:30P
310703-31	W	8:30-9:30P

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

Code	Day	Time
310704-31	W	8:30-9:30P

Kids Night Out (Age: 3-13)

Join us for our next Kids Night Out! Kids ages 3-12 years 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 sport top. Advanced Registration is Required. No Walk ins accepted. Enrollment Limited to 60 kids - \$5 discount for siblings. (dw)

Res/NR: \$25/\$25

Code	Days	Date	Time
310109-01	F	1/18	6:30-10:30P
310109-02	F	2/15	6:30-10:30P
310109-03	F	3/22	6:30-10:30P

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: January 6-March 30 (12 wks.)

Res/NR: \$91/\$106

Code	Day	Time
310001-11	M	8:30-9:30P

Boys Only Preschool Gymnastics

(Age: 3-5)

Bring your future athletes to us! 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. All beginner boys ages 3-5 should register for Boys Mini Stars.(dw)

Session: January 6-March 30 (12 wks.)

Mini Stars-Boys Only (Beginner)

Res/NR: \$91/\$106

Code	Day	Time
310301-01	Su	9:00-10:00A
310301-12	M	11:00A-12:00P
310301-14	M	4:00-5:00P
310301-15	M	6:00-7:00P
310301-21	Tu	4:00-5:00P
310301-31	W	4:00-5:00P
310301-32	W	5:00-6:00P
310301-52	F	4:00-5:00P
310301-61	Sa	10:15-11:15A
310301-62	Sa	12:15-1:15P

Shooting Stars-Boys Only

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

Code	Day	Time
310302-11	M	12:00-1:00P
310302-12	M	5:00-6:00P
310302-31	W	6:00-7:00P
310302-61	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: January 6-March 30 (12 wks.)

Res/NR: \$91/\$106

Code	Day	Time
310304-31	W	1:00-1:50P
310304-41	Th	9:00-9:50A
310304-51	F	10:10-11:00A

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 bronze or silver class. (dw)

Session: January 6-March 30 (12 wks.)

Res/NR: \$112/\$130

Code	Days	Level	Time
310400-01	Su	Bronze	12:45-2:00P
310400-02	Su	Silver	12:45-2:00P

GYMNASTICS EARLY BIRD REGISTRATION

Take \$10 off during Early Bird Registration.

Early Bird Period: October 29 - November 26

Kids typically stay in a level for about 1 year.

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 boys ages 6-8 sign up for Boys Bronze 1 See below for Bronze Boys ages 9 & up. (dw)

Session: January 6-March 30 (12 wks.)

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

Res/NR: \$112/\$130

Code	Day	Time
310501-22	T	3:45-5:00p
310501-41	Th	5:00-6:15P
310501-61	Sa	11:15A-12:30P

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

Res/NR: \$112/\$130

Code	Day	Time
310502-21	T	5:00-6:15P
310502-41	Th	3:45-5:00P
310502-61	Sa	10:00-11:15A

Silver Boys (Intermediate, Age: 6 & up)

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

Code	Day	Time
310503-31	W	4:00-6:00P

Bronze Boys Age 9 & Up (Beginner)

Res/NR: \$142/\$163

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

Code	Day	Time
Bronze 1		
310504-21	Tu	6:45-8:30P
Bronze 2		
310504-22	Tu	6:45-8:30P

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, 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: October- May, Sunday 6:00-7:00P

Saturday 5:30-6:30P

FEE: \$5/Gymnast

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

Gym Ninjas (Age: 6 & up)

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: January 6-March 30 (12 wks.)

Res/NR: \$110/\$110

Code	Day	Time	Ages
310002-01	Su	9:00-9:50A	6-7
310002-02	Su	9:50-10:40A	8-10
310002-03	Su	10:40-11:30A	10 & up
310002-50	F	4:40-5:30P	6-7
310002-51	F	5:30-6:20P	6-7
310002-52	F	6:20-7:10P	8-10
310002-53	F	7:10-8:00P	8 & up
310002-61	Sa	12:00-12:50P	6-7
310002-62	Sa	12:50-1:40P	7-8
310002-63	Sa	1:40-2:30P	8-9
310002-64	Sa	2:30-3:20P	10 & up
310002-54	F	6:20-7:10P	INVITEONLY

JR Gym Ninjas (Age: 4-6)

Does your child need strength, agility, body control, or discipline... just like a ninja? Then this is the class for them, Kids will learn to focus, be physically fit, and fall like a ninja all while incorporating a little gymnastics into one class. This class is inspired by our very popular Gym Ninja program but is modified for kids ages 4-6.

Session: January 6-March 30 (12 wks.)

Res/NR: \$110/\$110

Code	Day	Time
310003-21	Tu	9:30-10:15A
310003-22	Tu	10:15-11:00A
310003-23	Tu	11:00-11:45A
310003-31	W	2:15-3:00P

**Find Special Olympics
Gymnastics on pg. 41!**