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**All of our full time staff
 have their USA Gymnastics
 Safety Certification!**

Gymnastics Summer Session Dates:

Summer 1 (4 weeks)

Jun 15 - Jul 10

Summer 2 (4 weeks)

Jul 13 - Aug 7

Summer Camp (1 week)

Aug 17 - 21, 9am-Noon

Fees: Summer (4 Weeks)

| | |
|----------------------|-------------|
| 45 minute class | \$40/\$51 |
| 1 hour class | \$40/\$51 |
| 1 hour, 20 min class | \$51/\$67 |
| 2 hour class | \$80/\$110 |
| Summer Camp | \$121/\$131 |

Summer Special Events

Memorial Day Parade

Come and cheer us on as our students walk and perform in River Forest's Memorial Day parade, Monday, May 25, 2009!

Oak Park Farmers' Market

See the Gymnastics Center team perform at the Farmers' Market in Oak Park this summer on Saturday, August 1, from 9:30-11:30am!

Summer Camp (Aug 17 - 21)

A full week of gymnastics fun, three hours a day (9am-Noon) including 6 boys events, 4 girls events, games, conditioning, flexibility, a camp t-shirt and more. Children must be at least 6 years old or in Level 1 or above to attend. Children DO NOT need to be current students of the gym to participate in this program. Pre-registration only, no walk-ins. Fee: \$121 / \$131 for the 5-day session.

General Information

The Oak Park Gymnastics Center offers instructional programs that provide an opportunity for children of all ages to enjoy gymnastics. Class descriptions are listed below. If you have any questions regarding our program or the placement of your child, please call the Gymnastics Center at 708-383-0218 during office hours listed above. You may leave a message after hours and we'll return your call as soon as possible.

Summer Registration for Gymnastics First Come, First Served!

Oak Park Residents: Friday, May 8

starting at 6:30pm at Ridgeland Common Indoor Arena (at Ridgeland & Lake)

Non-residents: Monday, May 11

starting at 6:30pm at Park District Administrative Center, 218 Madison

About Registration

Summer and Fall registration gives priority to Oak Park residents. Subsequent registration periods, Winter and Spring, will give priority to continuing students. All new registration must be done IN PERSON.

New students ages 6 and up with no prior experience may register for Level 1. New students who want to register for Level 2 or above must be evaluated to determine their class level. Call the Gymnastics Center to set up an appointment.

Gymnastics Programs ARE NOT a part of the Lottery!

Gym Safety Rules

1. No one is allowed in the workout area without an instructor. Parents are welcome to observe class from the lobby, but please do not talk to your child during class. During busy times in the gym, your view of your child's class may be obstructed due to a curtain used to separate class areas.
2. Students must listen and follow directions, and ask permission to leave class.
3. No food, gum or drinks in the gym or lobby.
4. No jewelry.
5. Girls and boys who have long hair must tie it back away from their face with soft rubber bands - no hair ornaments.
6. Appropriate gym clothing consists of leotards (without skirted bottom), T-shirts (tucked in), shorts with elastic waistbands and no pockets or sweats. NO oversized or loose fitting clothing, NO tights that cover the feet and NO skirts or skorts.
7. Students must be on time for class; warm-ups are important to get the body ready for gymnastics.
8. Students being picked up after class must wait for their ride inside the building.
9. All children in the lobby area must be under adult supervision.
10. HAVE FUN!

Parents, please note: if at any time your child exhibits inappropriate verbal or physical behavior that compromises their safety or the safety of another child or staff member, your child's class position will be forfeited. Thank you for your cooperation.

Fall Gymnastics Session Dates:

Aug 24 - Dec 19 (17 weeks)
Closed Sep 7, Nov 25-29

Fall Registration Dates for Gymnastics Center Programs

All registration must be done in person!

Students taking classes Summer 2009

Residents: M, Aug 3, 6:30-8:30pm
 (At Ridgeland Common, 415 Lake Street)

Non-Residents: M, Aug 10, 6:30-8:30pm*
 (At the Hedges Administrative Center, 218 Madison)

Students not taking classes Summer 2009

Residents: W, Aug 5, 6:30-8:30pm
 (At the Hedges Administrative Center, 218 Madison)

Non-residents: W, Aug 12, 6:30-8:30pm*
 (At Gymnastics Center)

* For your convenience, please call the gym to see if classes are available prior to coming in. Waitlist names will be taken over the phone at (708) 383-0218.

Gymnastics Programs ARE NOT lotteried.
All registration must be done through
the Gymnastics Center.

Gym Tots (Ages 2-3 years)

A class designed for parent-child interaction. A structured, playful atmosphere which offers challenges and exploration in movement skills. Classes are 45 minutes. Students must be 2 years of age by the first day of the session to be eligible.

Gym Kids 1 (Ages 3½-5 years)

With an emphasis on fun, children develop strength, coordination, and self-confidence in a structured environment. Students are introduced to basic gymnastics positions and terminology using a variety of gymnastics apparatus. Classes are 45 minutes. Students must be 3½ years of age by the first day of the session to be eligible.

Gym Kids 2 (Ages 4½ - 5 years)

While increasing their basic skills and gymnastics vocabulary, students will continue to develop the strength and flexibility necessary for success in any physical endeavor. Classes are 1 hour. Students must have taken a complete year of Gym Kids 1 or be 5 years of age by the first day of the session to be eligible.

Gym Kids 3 (Age 5 years)

By invitation only for children who are not yet old enough for Level 1, but need to be challenged further. Classes are 1 hour.

Summer Preschool Classes (Ages 2-5)

| Level | Day | Time |
|------------|-----|--|
| Gym Tots | W | 9:00-9:45am 10-10:45am 6:30-7:15pm |
| Gym Tots | F | 6:30-7:15pm |
| Gym Kids 1 | M | 9:30-10:15am 1:30-2:15pm 5:30-6:15pm |
| Gym Kids 1 | Tu | 9:30-10:15am 2:30-3:15pm 5:30-6:15pm |
| Gym Kids 1 | W | 2:45-3:30pm |
| Gym Kids 1 | Th | 2:30-3:15pm 5:30-6:15pm |
| Gym Kids 1 | F | 9:30-10:15am 3:45-4:30pm |

| Level | Day | Time |
|------------|-----|---|
| Gym Kids 2 | M | 10:30-11:30am 2:30-3:30pm 5:30-6:30pm |
| Gym Kids 2 | Tu | 10:30-11:30am 2:30-3:30pm 5:30-6:30pm |
| Gym Kids 2 | W | 3:45-4:45pm |
| Gym Kids 2 | Th | 2:30-3:30pm 5:30-6:30pm |
| Gym Kids 2 | F | 10:30-11:30am 3:45-4:45pm |
| Gym Kids 3 | Tu | 10:30-11:30am 2:30-3:30pm |
| Gym Kids 3 | W | 3:45-4:45pm |
| Gym Kids 3 | Th | 5:30-6:30pm |

Summer Recreational Classes (Ages 6+)

OPGC follows the guidelines of the USAG Developmental Program which encompasses Levels 1-4. Students learn the fundamentals of the sport with an emphasis on safety and progressions. Student progress is documented as they continue through the program.

Level 1 Girls and Boys

Designed for the beginning gymnast. Classes are 1 hour, 20 minutes.

Level 2 Girls and Boys

For the intermediate gymnast who can demonstrate proficiency in selected skills. Classes are 1 hour, 20 minutes.

Level 3 Boys

Advanced level. Classes are 1 hour, 20 minutes

Levels 3 and 4 Girls

Advanced levels. Classes are 2 hours. We encourage students to attend two classes a week - 2x/week discount available!

| Level | Day | Time |
|---------------------|-----|-------------------------|
| BOYS CLASSES | | |
| Level 1 | M | 4-5:20pm 6:30-7:50pm |
| Level 1 | Tu | 4-5:20pm |
| Level 1 | W | 5-6:20pm |
| Level 1 | Th | 4-5:20pm |
| Level 1 | F | 5-6:20pm (Age 9+) |
| Level 2 | M | 4-5:20pm 6:30-7:50pm |
| Level 2 | Th | 4-5:20pm 6:30-7:50pm |
| Level 3 | W | 5-6:20pm |
| Level 3 | F | 5-6:20pm |

| Level | Day | Time |
|----------------------|-----|---|
| GIRLS CLASSES | | |
| Level 1 | M | 4-5:20pm 6:30-7:50pm |
| Level 1 | Tu | 4-5:20pm 6:30-7:50pm 6:30-7:50pm (Age 9+) |
| Level 1 | Th | 4-5:20pm 6:30-7:50pm |
| Level 1 | F | 2:10-3:30pm 5-6:20pm 5-6:20pm (Age 9+) |
| Level 2 | M | 4-5:20pm |
| Level 2 | Tu | 4-5:20pm 6:30-7:50pm |
| Level 2 | W | 5-6:20pm |
| Level 2 | Th | 6:30-7:50pm |
| Level 3 | M | 6:30-8:30pm |
| Level 3 | W | 5-7pm |
| Level 3 & 4 | Tu | 6:30-8:30pm |
| Level 4 | Th | 6:30-8:30pm |

Competitive Levels

GIJO: Offers recreational competition for girls in Level 4 and 5. Selected Level 3 and 4 girls will be invited to participate. The season runs Feb. through early Jun and culminates with a State competition. Offered at the discretion of the gym.

Competitive Level: Team

USAG competition for girls, Levels 4-9 and boys, Levels 4-10. Membership requires a year round commitment and is by invitation only.