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 Jason Cardenas, Gymnastics Asst. Manager
 Katie Kujawa, Patrick Murphy & Mandy Garcia, Coaches
 Ronda Weiler, Administrative Assistant

Winter Gymnastics Session Dates: Jan 5 - Mar 28, 2009

The Gymnastics Center will be closed
 January 19 for Martin Luther King, Jr. Day
 and March 30 - April 4 for Spring Break

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.

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.

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. Long hair must be tied back away from the face. Soft rubber bands - no hair ornaments, please.
6. Appropriate gym clothing consists of leotards, T-shirts (tucked in), shorts with elastic waistbands or sweats. NO

Fall Fees: 12 Week Session

45 minute class	\$120/\$153
1 hour class	\$120/\$153
1 hour, 20 min class	\$153/\$201
2 hour class	\$240 / \$330

Gymnastics Safety Rules

- oversized or loose fitting clothing, NO tights that cover the feet and NO skirts. Footwear: bare feet
 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.

Winter Schedule of Preschool Classes (Ages 2 - 5)

Gym Tots (2 - 3 Years)

Tues	9:00-9:45am 10-10:45am
Wed	9:00-9:45am
Fri	6:30-7:15pm
Sat	8:15-9am

Gym Kids 1 (3 1/2 - 5 Years)

Mon	9:15-10am 1:15-2pm 2:15-3pm 5:30-6:15pm
Tues	1:15-2pm 5:30-6:15pm
Wed	3:15-4pm
Thurs	10:30-11:15am 1:15-2pm 2:15-3pm
Fri	9:15-10am
Sat	9:15-10:00am 10:15-11:00am

Gym Kids 2 (4 1/2 - 5 Years)

Mon	10:15-11:15am 2:15-3:15pm
Tues	2:15-3:15pm
Wed	1:30-2:30pm 4:30-5:30pm
Thurs	9:15-10:15am 10:30-11:30am 2:15-3:15pm 5:30-6:30pm
Fri	10:15-11:15am 5:30-6:30pm
Sat	11:15-12:15pm

Gym Kids 3 (5 Years)

Tues	2:15-3:15pm
Thurs	5:30-6:30pm
Fri	10:15-11:15am 5:30-6:30pm

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 3 1/2-5 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 3 1/2 years of age by the first day of the session to be eligible.

Gym Kids 2 (Ages 4 1/2 - 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.

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

Winter Schedule of Youth Classes (ages 6 - 9, 10+)

Recreational Classes

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!

Competitive Levels

GIJO

This program offers recreational competition for girls in Level 4 and 5. Selected Level 3 and 4 girls will be invited to participate. The season runs February through early June (workouts begin in February) and culminates with a State competition. Offered at the discretion of the gym.

Team

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

**Gymnastics Programs ARE NOT
a part of the Winter Lottery.**

**All registration must be done
through the Gymnastics Center.**

Level 1 Boys (6 and up)

Tues	4-5:20pm 6:30-7:50pm
Wed	3-4:20pm
Thurs	4-5:20pm 6:30-7:50pm (9 & up only)
Fri	4-5:20pm

Level 2 Boys (7 and up)

Mon	4-5:20pm 6:30-7:50pm
Wed	4:30-5:50pm
Fri	4-5:20pm

Level 3 Boys (7 and up)

Tues	6:30-7:50pm
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Level 1 Girls (6 and up)

Mon	4-5:20pm 6:30-7:50pm
Tues	4-5:20pm 4-5:20pm (9 & up only) 6:30-7:50pm
Wed	3-4:20pm
Thurs	4-5:20pm 6:30-7:50pm (9 & up only)
Fri	4-5:20pm
Sat	9:30-10:50am 11am-12:20pm

Level 2 Girls (6 and up)

Mon	4-5:20pm 6:30-7:50pm
Tues	4-5:20pm
Wed	3-4:20 4:30-5:50pm
Th	4-5:20pm
Fri	4-5:20pm
Sat	9:30-10:50am

Level 3/4 Girls (7 and up)

Tues	6:30-8:30pm (both levels combined)
Thurs	6:30-8:30pm (Level 4 only)
Fri	6:30-8:30pm (Level 3 only)



Special Events

Preschool Playtime

Walk-ins Welcome! A favorite with our preschoolers, this is an open gym for children 1-5 years old. Playtimes are Wednesdays 10-11:30am and Fridays 1-2:30pm through April. The cost is \$5 to attend, or you can purchase a punch card for multiple playtimes (\$40 for 10 playtimes). All children must be accompanied and supervised by an adult. No food or drinks of any kind allowed.

Annual Sleepover

Friday, January 2, 2009! Arrive at 7:30pm and get picked up the next morning by 8:30am. We will have games, open gym, pizza at 10pm, breakfast and lots of fun! The cost is \$30 (two or more children from same family, \$25 each). Children must be in 1st Grade or above. Sign up early, this program fills fast! Pre-registration only, no walk-ins.

Cartwheel-A-Thon

Our annual Cartwheel-A-Thon, which raises funds for new equipment and program improvements, will be held February 8-14, 2009. Students registered in the gymnastics program will be given pledge cards and information in January. They will perform their cartwheels during the last 15 minutes of class the week of February 8. All students, Gym Kids 2 & up, are encouraged to participate, whether they bring in pledges or not! All cartwheelers will receive a ribbon, and prizes are awarded to those who bring in \$20 or more!