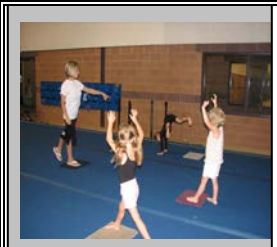

Recreational Gymnastics

LEHI LEGACY CENTER
WINTER RECREATIONAL GYMNASTICS
2014

Recreational

Monday	Classes
10:15-11:00am	3 yr. olds
10:15-11:00am	Parent&Child*
11:00-11:45am	3&4 yr. olds

Tuesday	Classes
9:15-10:00am	4 yr. olds
10:00-10:45am	4 yr. olds
10:00-10:45am	Parent&Child *
1:00-1:45pm	4 yr. olds

Wednesday	Classes
10:15-11:00am	3 yr. olds
11:00-11:45am	3 yr olds

Thursday	Classes
9:15-10:00am	3&4 yr. olds
10:00-10:45am	4 yr. olds
10:00-10:45am	Parent&Child*
1:00-1:45pm	4 yr. olds

Friday	Classes
9:15-10:00am	3 & 4 yr. olds
10:00-10:45am	4 yr. olds
10:45-11:30pm	Boys 4yrs old

Monday	Classes
9:15-10:15am	Kindergarten
5:45-6:45pm	Level 1
5:45-6:45pm	Boys Level 1

Tuesday	Classes
1:45-2:45pm	Kindergarten
3:00-4:00pm	Level 1
4:00-5:00pm	Boys Level 1
4:00-5:30pm	Level 2
5:00-6:30pm	Boys Level 2
5:15-6:45pm	Level 3
5:00-6:30pm	Boys Level 3
5:45-6:45pm	Level 1

Wednesday	Classes
9:15-10:15am	Kindergarten
5:45-6:45pm	Level 1
5:45-6:45pm	Boys Level 1

Thursday	Classes
1:45-2:45pm	Kindergarten
3:00-4:00pm	Level 1
4:00-5:30pm	Level 2
5:00-6:30pm	Boys Level 2
5:15-6:45pm	Level 3
5:00-6:30pm	Boys Level 3
5:45-6:45pm	Level 1

Saturday	Classes
8:00-9:30am	Level 3
8:00-9:00am	Intermediate Tumbling
8:30-9:30am	Level 1
9:00-10:00am	Beginning Tumbling
9:30-10:30am	Level 1
9:30-11:00am	Level 2
10:00-11:00am	Advanced Tumbling

Monthly Tuition Prices

Class Length	Days per week	Fee
45 minutes	1	$33
45 minutes	2	$55
1 hour	1	$36
1 hour	2	$61
1 ½ hours	1	$46
1 ½ hours	2	$81
1 ½ hours	3	$121

×QUICK FACTS

What…….Winter Gymnastic
When……**Monthly** (classes start Jan 4- May 22)
Where…...Lehi Legacy Center (East Gym)
Who……..All ages starting at 2 years old

REGISTRATION

Legacy Center Registration Office Mon-Fri (8am-6pm) OR www.lehi-ut.gov
*Parent involvement class – all other siblings/children need to be attended to by another adult or placed in daycare.

No classes on following dates **(Feb. 17, March 1, 13, April 7-12)**
Other dates may be announced

Post Until 5/21/14

Lehi Legacy Center
123 N Center St.
801-768-7124

Find me on facebook

www.lehi-ut.gov/legacycenter

follow us on twitter

WELCOME TO GYMNASTICS

Welcome to our Lehi Gymnastics recreation program. This letter is to orient you with our program and to answer some commonly asked questions.

WHAT TO WEAR?

Gymnastic leotards are requested but other clothing is permitted. The clothing needs to be comfortable, non-restrictive and form fitting. Please **NO Levis**, zippers, or fasteners (buttons & snaps) around the waist. Large loose clothing and long drawstrings pose safety hazards. Shorts are allowed, but **NO LONG PANTS.**

Please remove all jewelry before gymnastics.

Hair needs to be pulled back into pigtails or braids if possible. One pony tail in the back can hurt when your child is doing roles, but it is better to have it up than not at all. If your child's hair is short please clip back any pieces that would fall in front of their face.

CLASS DAY

We would like all gymnasts to arrive five minutes before their class time. They can leave their shoes, socks, etc. by the wall or lockers are available in the restrooms.

WHEN IS TUITION DUE?

Tuition is due the 20th of the prior month. For example, March's tuition is due February 20th. This will ensure your child's spot in the class for the upcoming month. Tuition is paid at the registration office in the blue envelope sent home with your gymnast each month. Blue envelopes will not be accepted unless all information is filled out.

ARE SPECTATORS ENCOURAGED?

You are welcome to stay and watch your child. There is seating provided upstairs behind the glass partition where you can see and hear what is going on in the class. If you have small children with you, for safety reasons we encourage you to take advantage of the seating upstairs.

If your child is enrolled in a preschool gymnastics class, please stay for the duration of the class. If your child needs to take a restroom break, it is very difficult to leave the class to help them.

WHAT SHOULD MY CHILD PRACTICE AT HOME?

Flexibility is a major part of excelling in gymnastics and usually is only obtained with lots of stretching. Having your child warm up and practice their splits, straddles and arch ups for a few minutes each day can greatly improve their gymnastic skills.

If you have any question, please feel free to talk to one of your child's instructors.

P.S. NO gum.