



RECREATIONAL GYMNASTICS

FALL 2025

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent & Child 2 yrs.		10:25-11:10 a.m.	10:15-11:00 a.m.	10:25-11:10 a.m.		
3 & 4 yrs.	10:15-11:00 a.m. 11:15-12:00 p.m.	10:25-11:10 a.m.	10:15-11:00 a.m.	10:25-11:10a.m. 12:15-1:00 p.m. 1:00-1:45 p.m.	10:15-11:00 a.m. 11:15-12:00 a.m.	
*Adv. Preschool				10:25-11:10p.m.		
4 yrs.		11:15-12:00p.m.	11:15-12:00 p.m.	11:15-12:00p.m.		
Girls Level 1	3:30-4:30 p.m. 5:45-6:45 p.m.	9:15-10:15 a.m. 3:00-4:00 p.m. 5:45-6:45 p.m.	3:30-4:30 p.m. 4:30-5:30 p.m. 5:45-6:45 p.m.	9:15-10:15 a.m. 3:00-4:00 p.m. 4:00-5:00 p.m. (Ages 9-12) 5:45-6:45 p.m.		8:00-9:00 a.m. 8:30-9:30 a.m. 9:00-10:00 a.m. 10:00-11:00 a.m.
*Girls Level 1 Int/Adv	5:45-6:45 p.m.		5:30-6:30 p.m. 5:45-6:45 p.m.			
*Girls Level 2		4:00-5:30 p.m.	3:30-5:00 p.m. 5:15-6:45 p.m.	4:00-5:30 p.m.		9:30-11:00 a.m.
Boys level 1	5:45-6:45 p.m.			4:00-5:00 p.m. 5:00-6:00p.m.	9:15-10:15 a.m. 4:00-5:00 p.m.	
*Boys Level 1 Advanced		4:00-5:00 p.m.				
*Boys level 2		5:15-6:45 p.m.				
Tiny Tumblers 4 & 5 yrs	9:15-10:00 a.m.					
Tumbling Beginning						10:00-11:00 a.m.
*Tumbling Intermediate						9:00-10:00 a.m.
*Tumbling Advanced						8:00-9:00 a.m.
Back Handspring Beginning					4:00-5:00 p.m.	
*Back Handspring Intermediate					5:00-6:00p.m.	

MONTHLY FEES

CLASS LENGTH	Days/Week	LEHI RES.	NON RES.
45 minutes	1	\$43	\$65
1 hour	1	\$47	\$71
1 1/2 hours	1	\$60	\$72

REGISTRATION INFORMATION

Classes continue monthly. For current students a balance is created and must be paid on-line by the 20th of each month to secure a spot for the next month. No automatic payments available. New student registration opens on the 26th of each month.

Register at the Legacy Registration Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

CLASS INFORMATION

Classes are monthly. Classes begin August 1, 2025- December 22, 2025

No Classes: August 11-16 (facility cleaning week); September 1, 2025 (Labor Day); October 23 & 24, 2025 (Halloween Party); October 31, 2025 (Halloween) November 26-29, 2025 (Thanksgiving Break); December 22-Jan 3 (Christmas Break); Class resumes Jan 6, 2026 - Other dates may be announced

For the comfort and safety of our youngest gymnasts, we require preschool parents to stay on the premises and be available for restroom breaks or other assistance during class time.



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LEHI LEGACY CENTER
123 North Center Street
385.201.2000
www.lehi-ut.gov/legacy-center



REGISTRATION HOURS
Monday-Friday
8 a.m. to 6 p.m.
or register online.

GYMNASTICS CLASS DESCRIPTION

Class Progression: Students may enroll in Beginning classes, and Preschool gymnastics classes without a placement evaluation.
***This class requires a coach evaluation**

Parent and Child Class (2+ year old) Parents participate in the world of the toddler with movement, music, and obstacle courses, combined with instruction. This stage is set to enhance key areas of motor development, while stimulating the mind through highly creative activities.

3 & 4 Year Old Class Enhances emerging gymnastics skills in an energetic and creative environment. This class is a wonderful place for first time experiences with a teacher and peers.

4 Year Old Class Enhances emerging gymnastics skills in energetic and creative environment. Children refine basic skills that reinforce a heightened aptitude for all physical sports activities. This class offers greater challenges to older preschoolers.

***Adv. Preschool** This class offers greater challenges to older preschoolers.

Girls Level 1 Beginning Kindergarten and up. Students will start their gymnastics journey in "Beginning" Level 1. In Beginning Level 1 gymnasts learn the basics of body movement, shaping and vocabulary of skills. Gymnasts will learn skills on all 4 events.

***Girls Level 1 Int/Adv** This class is for ages 6 years and older and designed for students with previous gymnastics experience, but need to fine tune a few skills to move up to level 2 gymnastics.

***Girls Level 2** This class focuses more on advanced fundamentals with emphasis on form and technique. Students will also complete flexibility and strengthening exercises for the conditioning required to safely complete skills. The gymnasts in this class should be able to complete: bars: a pullover and back-hip circle with a light spot; beam: cartwheel dismount on high beam, lever and pivot turns; floor: bridge kickover, roundoff; vault: hurdle, jump to 24", handstand flatback

Boys Level 1 This class is for kindergarten boys age 5 and up. Gymnasts will start their gymnastics journey at a recreation level. These athletes will benefit from increased physical activity and improve in such areas as strength, flexibility, and coordination. Boys will learn basic gymnastics skill on all 6 Men's gymnastics events.

***Boys Level 1 Advanced** This class is for kindergarten boys age 5 and up. Gymnasts in this class demonstrate increased body awareness and strength. These athletes will benefit from increased physical activity and improve in such areas as strength, flexibility and coordination. Boys will learn basic gymnastics skills on all 6 men's gymnastics events. Level 1 advanced is ideal for boys who desire to listen and work hard at improving.

***Boys Level 2** This class focuses on more advanced fundamentals with emphasis on form and technique. Students will also complete flexibility and strengthening exercises for the conditioning required to safely complete skills.

Tiny Tumblers Tumblers age 4 & 5 yrs old. This class focuses on developing fundamental motor skills, body awareness and coordination needed to learn preschool tumbling.

Beginning Tumbling This class is designed to build strength and agility through obstacle courses, tumbling, balance, and vaulting skills. This course is great for building core skills.

Intermediate Tumbling Students will focus on building tumbling skills, trust and confidence.

***Advanced Tumbling** Students will learn to use their strength to fully showcase tumbling skills.

Back Handspring and Back Handspring Intermediate Students ages 5-13 will learn progression and form for back handspring. Students must be able to complete a bridge before entering this class.

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