



TEAM GYMNASTICS

WINTER 2026

QUICK FACTS

WHERE Legacy Center East Gym

WHEN Monthly Program

FEES Fees dependent on class length and days per week (see fee schedule).

REGISTRATION

For current students, a balance is created each month and must be paid online by the 20th to secure a spot for the next month. Balances not paid will be taken off your account and you will lose your guaranteed spot. There is still an opportunity to register by going into the registration office. You will be limited to classes with available space. Visit the Registration Office during normal business hours.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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TEAM/PRE-TEAM STARZ SCHEDULE

LEVEL	DAY	TIME
Girls Rec Team (1 day) or (2 day)	Tuesday and/ or Thursday	5:15-6:45 p.m.
Mini Twinklerz B	Tuesday and Thursday	10:15-11:15 a.m.
Mini Twinklerz A	Tuesday and Thursday	11:30-12:45 p.m.
Twinklerz	Tuesday and Thursday	5:30-6:45 p.m.
Sparklerz	Tuesday and Thursday	4:15-5:30 p.m.
Hot Shotz	Tuesday and Thursday	3:45-5:15 p.m.
All Starz	Tuesday and Thursday	3:45-5:15 p.m.
Team - Bronze	Monday and Wednesday	5:15-6:45 p.m.
Team - Silver	Monday and Wednesday	3:45-6:45 p.m.
Team - Gold/ Platinum	Monday, Wednesday and Friday	3:45-6:45 p.m.
Team - Bars and Vault	Tuesday	5:15-6:45 p.m.

MONTHLY FEE SCHEDULE

CLASS	HOURS /WEEK	RESIDENT FEE	NON RESIDENT FEE
Girls Rec Team (1 Day), Team Bars & Vault	1.5	\$60	\$72
Mini Twinklerz B	2	\$71	\$85
Twinklerz, Sparklerz, Mini Twinklerz A	2.5	\$88	\$106
Hot Shotz, All Starz, Bronze, Girls rec Team (2 Day)	3	\$103	\$124
Silver	6	\$153	\$184

CLASSES START JANUARY 5, 2026 then continue monthly

NO CLASS DATES: February 16 (Presidents Day); April 6-11 (Spring Break); May 4-9 (Showcase Week); May 25 (Memorial Day) - *Other dates may be announced.*
*All classes scheduled for Friday, April 24th have been moved to Saturday, April 18 (times TBD)

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.

Pre-Team and Team Information

STARZ Pre-Team

Pre-Team gymnasts learn skills and routines at a quicker pace. The pre-team environment is designed to push the gymnasts to prepare them for our Excel gymnastics team experience. Our mission is to teach our athletes to build gymnastics skill confidence, personal goal setting, and pushing themselves to work and improve. Placement on Pre-team is through coach recommendation or the annual Pre-Team try-outs held in April.

Girls Recreation Team

Recreation Team focuses on more advanced fundamentals with an emphasis on form and technique. Gymnasts will also complete flexibility, strengthening, and conditioning required to complete the skills safely. Class placement is determined through coach evaluations and recommendations.

Recreation Team class is designed for higher level gymnasts to continue to participate in the sport regardless of their desire to participate on the competitive gymnastics team.

Placement in Rec team classes requires coach recommendation

Girls Team Xcel Program

Lehi Legacy Gymnastics participates in the Xcel gymnastics program through USAG. Our Xcel gymnastics team offers athletes the opportunity of competing with less time commitment required compared to other programs. Our team program mission is to highlight the individuality and unique skills each gymnast. We teach our athletes to build gymnastics skill confidence, personal goal setting, and pushing themselves to work and improve.

We compete the following Xcel Levels, Bronze, Silver, Gold and Platinum as needed.

Placement on Team is through coach recommendation or the annual Team try-outs held in April.

Team Bars/ Vault

This class is dedicated to training Gold and Platinum team gymnasts on vault and uneven bars. The class focuses on the power, precision and technical execution for the vault and bar as well as skill progression and conditioning on these events.

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