



TEAM GYMNASTICS

WINTER 2021

QUICK

WHERE Legacy Center East Gym
 WHEN Monthly Program
 FEES Fees dependent on class length and days per week (see fee schedule).

REGISTRATION

Payments are due by the 20th of the previous month for current students. For current students a **balance** is created and must be **paid on-line** by the 20th to secure a spot for the next month. New student registration opens on the 26th of each month. Register at the Legacy Center 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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PRE-TEAM SCHEDULE

LEVEL	DAY	TIME
Mini Hot Shots	Monday & Wednesday	2:30-3:45 p.m.
Hot Shots	Monday & Wednesday	4:30-6:00 p.m.
All Stars	Tuesday & Thursday	3:45-5:15 p.m.

TEAM SCHEDULE

LEVEL	DAY	TIME
Boys	Monday/Wednesday/Friday	3:30-5:30 p.m.
Level 3/Sliver	Monday/Wednesday	3:30-6:30 p.m.
Level 4/Gold/Platinum	Monday/Wednesday/Friday	3:30-6:30 p.m.
Xcel Team - Bronze	Tuesday/Thursday	5:15-6:45 p.m.

MONTHLY FEE SCHEDULE

CLASS LENGTH	DAYS/WEEK	RESIDENT FEE	NON RESIDENT FEE
1.25 hour	2	\$82	\$90
1.5 hours	2	\$96	\$105
2 hours	3	\$141	\$148
3 hours	2	\$148	\$155
3 hours	3	\$189	\$197

CLASS INFORMATION

Classes are Monthly and start Jan 4-May 28, 2021
 No classes April 5-10, Exhibition week May 14-20, 2021. (Other dates may be announced).
 New student registration opens on the 26th of each month.
 Additional assessment fee for girls competing. See coach for details.

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

Pre-Team (Mini Hotshots, Hotshots, All Stars)

We have two pathways for our gymnasts at Legacy Gymnastics. The first is recreational gymnastics, in which the gymnast starts at level 1. When the level 1 skills are mastered, the gymnast moves on to level 2 and 3. The other pathway is Pre-Team. Pre-Team is organized by age, with Mini Hotshots ages 3-5, Hotshots ages 5-7, and All Stars ages 7-9. These Pre-Team classes are similar to the recreational classes, but are more advanced. Pre-Team is a fast track to get to the Competitive team, although gymnasts in Pre-Team are not required to go to team.

Benefits of Pre-Team gymnastics (as compared to recreational gymnastics) include faster skill improvement, more rapid increase in strength and flexibility, higher-trained coaches, and the ability for gymnasts to be part of a fun team.

Pre-Team does have a larger time commitment than recreational gymnastics, as Pre-Team classes are two days a week instead of one. Other than gymnastics class twice a week and one exhibition a year (usually in May), there is no outside time commitment. There is a fee for a Pre-team leotard that you buy for the exhibition meet.

Competitive Team Information

After your daughter has mastered all of the All Stars skills, she can try out for our Competitive Team. Tryouts are held twice a year. Once they have made the team they can choose to compete in either the Compulsory Program, the Xcel Program or both. Below is an explanation of both programs.

Both programs practice together, every Monday and Wednesday from 3:30-6:30, however, if you are only interested in the Xcel competition we do offer an Xcel only team practice on Tuesdays and Thursdays from 5:15-6:45.

Compulsory Competition

If you would like your daughter to participate in the compulsory program, she will start at Level 3, where they compete against other Level 3 gymnastics teams in the state of Utah. All gymnasts learn the same routines for competition. Once the competition season has ended, and the gymnast has received a specific All Around score for the season the gymnast can then move up to the Level 4 team. The highest level we offer at Legacy Gymnastics is Level 5. Competition season is usually August through December.

Xcel Program

Like Compulsories, Xcel also has levels. These levels, going from beginning to advanced, are: Bronze, Silver, Gold, Platinum, and Diamond. The Pre-Team level of All Stars is equivalent to the Silver level of Xcel. Gymnasts moving from All Stars into Xcel would first compete in Silver. After the competition season, they could move up to Gold, based on their skill level at that time. In Xcel, gymnasts (with guidance from coaches) are able to choose the skills they would like to compete, girls have their own routines that are unique to them, and they chose their own music for their floor routine. Xcel is much more flexible than Compulsories; gymnasts compete with the skills they are more confident in. Competition season for Xcel is usually December through April.

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