



RECREATIONAL GYMNASTICS

FALL 2022

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent & Child 2 Years		10:20-11:05 a.m.	10:15-11:00 a.m.	10:20-11:05 a.m.		
3 & 4 Years	10:15-11:00 a.m. 11:15-12:00 p.m.	10:20-11:05 a.m.	10:15-11:00 a.m.	10:20-11:05 a.m.	10:00-10:45 a.m.	
4 Years		11:15-12:00 p.m.	11:15-12:00 p.m.	11:15-12:00 p.m.	11:00-11:45 a.m.	
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. 5:45-6:45 p.m.		9:00-10:00 a.m. 10:00-11:00 a.m.
Level 2		4:00-5:30 p.m.		4:00-5:30 p.m.		9:30-11:00 a.m.
Level 1 (Boys)	4:45-5:45 p.m. 5:45-6:45 p.m.	4:00-5:00 p.m.		4:00-5:00 p.m.		
Tiny Tumbler 4 & 5 years	9:15-10:00 a.m.					
Tumbling Beg, Int, Adv.						8:00-9:00 a.m. Adv. 9:00-10:00 a.m. Int. 10:00-11:00 a.m. Beg.
Ninja Boys/Girls						8:00-9:00 a.m. (4-7yrs co-ed) 9:00-10:00am. (6-11yrs. Girls) 9:00-10:00 a.m. (6-11yrs. Boys) 10:00-11:00 a.m. (6-11yrs.Boys)
Back Handspring Beg./Int.					4:00-5:00 p.m. Beg 5:00-6:00 p.m. Int	

MONTHLY FEES

CLASS LENGTH	LEHI RESIDENT	NON RES
45 minutes	\$41	\$57
1 hour	\$45	\$61
Ninja	\$49	\$66



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REGISTRATION INFORMATION

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

CLASS INFORMATION

Classes are Monthly

No classes: Aug. 15-20 (facility closure), Sept. 5 (Labor Day), Oct. 27-28 (Legacy Center Halloween Party), Oct. 31st (Halloween), Nov. 23-26th (Thanksgiving), Dec. 22-31st (Winter Break) (Other dates may be announced).

For our preschool parents, we would like to invite you to wait in the main hallway to be available if your child needs to use the restroom.

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 Level 1 classes without a placement evaluation. For Levels 2 and above a placement evaluation or coach recommendation and transfer form is needed to register.

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

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 skill in an energetic and creative environment. Children refine basic skills that reinforce a heightened aptitude for all physical sport activities. This class offers greater challenges to older preschoolers.

Girls Level 1 Class for Kindergarten girls **age 5** and up who want to start gymnastics at a recreational level. These athletes will participate in basic skill progressions on all four Olympic events: vault, uneven bars, beam and floor. Students will benefit from increased physical activity and improve in such areas as strength, flexibility and coordination while learning the basic gymnastics skills.

Girls Level 2 and Girls Level 3 classes will focus on more advanced fundamentals with emphasis on form and technique. Students will also complete flexibility and strengthening exercises for the conditioning required to complete skills safely. **These classes must have a placement evaluation or coach recommendation and a transfer form is needed to register.**

Boys Level 1 for Kindergarten age **5 boys and up** who want to start gymnastics at a recreational level. These athletes will benefit from increased physical activity and improve in such areas as strength, flexibility and coordination, while learning the basic gymnastics skills. They will use all 6 Olympic gymnastics events that relate to boys gymnastics.

Boys Level 2 will focus on more advanced fundamentals with emphasis on form and technique. Students will also complete flexibility and strengthening exercises for the conditioning required to complete skills safely. **This class must have a placement evaluation or coach recommendation and a transfer form is needed to register.**

Tiny Tumblers Specifically designed for **4 – 5 year old** preschool tumblers. Preschoolers will learn the foundation of age appropriate tumbling skills with technique and body position.

Beginning Tumbling Kindergarten gymnasts **age 5** and up will learn entry level tumbling.

Intermediate Tumbling Prerequisites: Passed Beginning Tumbling or placement evaluation and a transfer form is needed to register. Students will build confidence and trust.

Advanced Tumbling Prerequisites: Passed Intermediate Tumbling or placement evaluation and a transfer form is needed to register. Students learn to use their strength and fully showcase tumbling skills.

Ninja Classes are designed to build strength and agility through obstacle courses, tumbling, balance and vaulting skills. This course is great for building core skills.

Back Handspring Beginning/Intermediate 5 – 13 year old Beginning class athlete must be able to do a bridge. **Intermediate class prerequisite students must have a placement evaluation or coach recommendation and a transfer form is needed to register.**

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