



# TEAM GYMNASTICS

FALL 2022

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	3:45-5:15 p.m.
All Stars	Tuesday & Thursday	3:45-5:15 p.m.

## TEAM SCHEDULE

LEVEL	DAY	TIME
Boys level 2 (1 day)	Tuesday	5:15-6:45 p.m.
Boys level 2 (2 days)	Tuesday/Friday	5:15-6:45 p.m.
Boys level 3 & 4	Monday/Wednesday/Friday	3:45-5:45 p.m.
Girls level 3 (1 day)	Tuesday or Thursday	5:15-6:45 p.m.
Team - Bronze/Silver	Tuesday/Thursday	5:15-6:45 p.m.
Team/Silver	Monday/Wednesday	3:45-6:45 p.m.
Team/Sliver	Tuesday/Thursday	3:45-5:15 p.m.
Team Gold/Platinum	Monday/Wednesday/Friday	3:45-6:45 p.m.

## MONTHLY FEE SCHEDULE

CLASS LENGTH	DAYS/WEEK	RESIDENT FEE	NON RESIDENT FEE
1.25 hour	2	\$84	\$92
1.5 hours	1	\$57	\$68
1.5 hours	2	\$98	\$108
2 hours	3	\$145	\$152
3 hours	2	\$153	\$161
3 hours	3	\$195	\$205

## CLASS INFORMATION

Classes are Monthly: August 1st-December 21st  
**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).  
 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](http://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.

## Girls Competitive Team Information

After your gymnasts has mastered all of the Pre-team skills, they can try out for our Competitive Team. Tryouts are held once a year in April. 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, however, if you are only interested in the Xcel competition we do offer an Xcel only team practice on Tuesdays and Thursdays.

## 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. 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 Bronze level of Xcel. Gymnasts moving from All Stars into Xcel would first compete in Bronze. After the competition season, they could move up to Silver, 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.

## Boys Program

Boys will be recommended for team by their level 2 coach. All gymnasts learn the same USAG routines for competition.

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