



# RECREATIONAL GYMNASTICS

WINTER 2026

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. 11:15-12:00 p.m.	10:15-11:00 a.m. 11:15-12:00 p.m.	10:25-11:10 a.m. 11:15-12:00 p.m. 12:15-1:00 p.m. 1:00-1:45 p.m.	10:15-11:00 a.m. 11:15-12:00 p.m.	
*Adv. Preschool				10:25-11:10 a.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. 5:00-6:00 p.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					5:00-6:00 p.m.	

\*This is class must have a placement evaluation or coach recommendation and a transfer form to register.

## 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](http://www.lehi-ut.gov/legacy-center).

## CLASS INFORMATION

**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

**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.**



Like us on Facebook!

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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.

# GYMNASTICS CLASS DESCRIPTION

**Class Progression - Students may enroll in Level 1 classes without a placement evaluation. For placement in advanced levels a placement evaluation or coach recommendation and transfer form is needed to register.**

**Parent and Child Class (2+ year old)**- Parents participate with the toddler in the world of 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 activity.

**3 & 4 Year Old Preschool Gymnastics**- This 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.

**\*Adv. Preschool Gymnastics**- This class offers greater challenges to older preschoolers. *This class must have a placement evaluation or coach recommendation and a transfer form to register.*

**Girls Level 1**- This class is for **girls aged 5 to 13 years old** 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 basic gymnastics skills.

**\*Girls Level 1 Int/Advanced** - 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. *This class must have a placement evaluation or coach recommendation and transfer form to register.*

**\*Girls Level 2**- This class is for **ages 6 to 15 years old** and focuses 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 to register.*

**Boys Level 1**- This class is for **kindergarten boys aged 5 and older** 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 basic gymnastics skills. They will use all 6 Olympic gymnastics events that relate to boys' gymnastics.

**\*Boys Level 1 Advanced**- This class is for **boys aged 5 and older** who demonstrate increased strength and flexibility in gymnastics and show dedicated interest in participating in class. *This class must have a placement evaluation or coach recommendation and a transfer form to register.*

**Tiny Tumblers**- This class is designed for **boys and girls aged 4 and 5 years old**. These preschool tumblers will learn the foundation of age-appropriate tumbling skills with technique and body position.

**Beginning Tumbling**- This class is for **boys and girls aged 5 and older** to learn entry level tumbling. This class is designed to build strength and agility through obstacles courses, tumbling, balance, and vaulting skills. This course is great for building core skills.

**\*Intermediate Tumbling**- This class focusses on building tumbling skills, trust and confidence. *This class must have a placement evaluation or coach recommendation and a transfer form to register.*

**\*Advanced Tumbling**- This class focusses on tumblers using their full strength to showcase tumbling skills. *This class must have a placement evaluation or coach recommendation and a transfer form to register.*

**\* Beginning Back Handspring**- This class is for **boys and girls aged 5 to 13 years old** to learn progression and form for back handspring. *Students must be able to complete a bridge and a handstand before enrolling.*

**\*Intermediate Back Handspring**- This class is for **boys and girls aged 5-13 years old** to learn progression and form for back handspring. *This class must have a placement evaluation or coach recommendation and a transfer form to register.*

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