



# TEAM GYMNASTICS

WINTER 2024

QUICK

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

## TEAM/PRE-TEAM STARZ SCHEDULE

LEVEL	DAY	TIME
All Starz	Tuesday & Thursday	3:45-5:15 p.m.
Boys level 2	Tuesday	5:15-6:45 p.m.
Boys Team Beg.	Monday	3:45-5:45 p.m.
Boys Team L3	Monday, Wednesday, Friday	3:45-5:45 p.m.
Boys Team L3/4	Monday	3:45-5:45 p.m.
	Wednesday/Friday	3:45-6:45 p.m.
Girls level 3 (1 days)	Tuesday or Thursday	5:15-6:45 p.m.
Girls level 3 (2 day)	Tuesday and Thursday	5:15-6:45 p.m.
Hot Shotz	Monday & Wednesday	3:45-5:15 p.m.
Twinklerz	Monday & Wednesday	2:30-3:45 p.m.
Sparklerz	Monday & Wednesday	4:30-5:45 p.m.
Team - Bronze/Silver	Tuesday/Thursday	5:15-6:45 p.m.
Team Silver/Gold	Monday/Wednesday	3:45-6:45 p.m.
Team Gold/Platinum	Monday/Wednesday/Friday	3:45-6:45 p.m.

## 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

**Classes are Monthly:**

**No classes: Jan. 1, 2, Feb. 20, April 1-6, May 3-9 (for showcase)**

(Other dates may be announced).

**Additional assessment fee for girls competing. See coach for details.**

## MONTHLY FEE SCHEDULE

CLASS	HOURS	RESIDENT FEE	NON RESIDENT FEE
Boys L2, Girls L3- 1 day	1.5	\$58	\$70
Boys Beg. Team	2	\$69	\$83
Twinklerz/Sparklerz	2.5	\$85	\$102
Girls L3- 2 day, Hot Shotz, All Starz, Bronze/Sliver	3	\$99	\$119
Silver/Gold M/W, Boys Team L3	6	\$147	\$176
Boys Team L3/4	8	\$174	\$209
Gold/Platinum	9	\$197	\$236

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

## STARZ Pre-Team

Pre-Team gymnasts learn skills and routines at a quicker pace. These classes are set up to prepare gymnasts for the Xcel team. The team environment is designed to bring out the best of each child while still maintaining the element of fun. We teach the athletes how to get the most out of their gymnastics ability and to build life skills. The team gymnasts participate in a goal setting program that teaches mental toughness for sport and life. Placement is by coach invitation. There is also an open Try-out for Starz held annually in April.

## Girls Program

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.

This class is for girls that choose not to follow the team path.

Xcel Program - is designed to offer a competitive experience outside of the traditional junior Olympic Program. Xcel is a great program for gymnasts that have a variety of abilities, ages and commitment levels and want to enjoy all the benefits that gymnastics has to offer while having more flexibility than the Junior Olympic program. As girls progress in the Xcel program, they can compete individualized skills and routines.

Xcel Levels:

- Bronze
- Silver
- Gold
- Platinum

## Boys Team Program

Our Competitive Boys team program puts an emphasis on discipline, perseverance, mental awareness, and team unity. Our team coaches are passionate about their role in guiding gymnasts through training and helping them develop into strong, disciplined athletes both mentally and physically.

Competitive Boys Team Levels:

- Advanced Level 1
- Boys Level 2
- Boys Level 3 - 5

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