



# RECREATIONAL GYMNASTICS

FALL 2024

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent & Child 2 yrs.		10:20-11:05 a.m.	10:15-11:00 a.m.	10:20-11:05 a.m.		
3 & 4 yrs.	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. 12:15-1:00 p.m. 1:00-1:45 p.m.	10:00-10:45 a.m.	
Adv. Preschool (2 days a week)		11:15-12:00 p.m.		11:15-12:00 p.m.		
4 yrs.		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 1 9-12 yrs. Adv. Level 1			*5:30-6:30 p.m. (Adv. level 1)	4:00-5:00 p.m. (9-12 yrs)		
Level 2		4:00-5:30 p.m.		4:00-5:30 p.m.		9:30-11:00 a.m.
Level 2 (2 days a week)				4:15-5:45 p.m.		8:00-9:30 a.m.
Level 1 (Boys)		*4:00-5:00 p.m. (Adv. Level 1)		4:00-5:00 p.m. 5:00-6:00 p.m.		
Tiny Tumbler 4 & 5 yrs	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.
Back Handspring Beg./Int.					4:00-5:00 p.m. Beg 5:00-6:00 p.m. Int	

## MONTHLY FEES

CLASS LENGTH	Days/Week	LEHI RES.	NON RES.
45 minutes	1	\$43	\$65
45 minutes	2	\$60	\$72
1 hour	1	\$47	\$71
1 1/2 hours	1	\$60	\$72
1 1/2 hours	2	\$104	\$125

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

## CLASS INFORMATION

Classes are Monthly

No classes: Aug. 12-17 (Cleaning Week), Sept. 2 (Labor Day) Oct. 24-25 (Halloween Party) Oct. 31 (Halloween) Nov. 27-30 (Thanksgiving) Dec. 23-31 (Christmas 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.



Like us on Facebook!

[www.facebook.com/lehilegacycenter](http://www.facebook.com/lehilegacycenter)

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 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. This 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.

**Adv. Preschool** By coach invitation 2 days a week. 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 basic gymnastics skills.

**Girls Level 2 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 to register.**

**Boys Level 1** for Kindergarten **boys age 5 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 basic gymnastics skills. They will use all 6 Olympic gymnastics events that relate to boys gymnastics. \*Boys advance level 1 need instructor approval.

**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.

**\*Advanced Level 1** Class for Kindergarten girls age 5 and up who have had previous tumbling but need to work on other events to move up to level 2 gymnastics. Check with the director for placement

**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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