

SUMMER 2010

GYMNASTICS / CHEERLEADING CLASS SCHEDULES

ALL GYMNASTICS CLASSES MEET AT LILLEY GULCH RECREATION CENTER.



GYMNASTICS SCHEDULES * No class JUN 26, JUL 4	MON	SESS #1: JUN 7-JUL 5	SESS #2: JUL 19-AUG 16
	TUE	SESS #1: JUN 8-JUL 6	SESS #2: JUL 20-AUG 17
	WED	SESS #1: JUN 9-JUL 7	SESS #2: JUL 21-AUG 18
	THU	SESS #1: JUN 10-JUL 8	SESS #2: JUL 22-AUG 19
	FRI	SESS #1: JUN 11-JUL 9	SESS #2: JUL 23-AUG 20
	SAT	SESS #1: JUN 12-JUL 17*	SESS #2: JUL 24-AUG 21
	SUN	SESS #1: JUN 6-JUL 11*	SESS #2: JUL 18-AUG 15

YOUTH - 4 & UNDER	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT	SUN
	Parent-Tot I	☺	10-24 mo		9:00-9:45am #5556				8:15-9:00am #5557	
	Parent-Tot II	☺	2-3			9:00-9:45am #5552	9:00-9:45am #5553	9:00-9:45am #5554	9:15-10:00am #5555	10:00-10:45am #5550
	Tiny Tumblers	☺	3	12:30-1:15pm #5558	1:00-1:45pm #5561	10:00-10:45am #5559	6:15-7:00pm #5560	10:00-10:45am #5562	10:15-11:00am #5563	
	Preschool	☺	4	12:30-1:15pm #5586	1:00-1:45pm #5587	6:10-6:55pm #5589	10:00-10:45am #5588		10:15-11:00am #5590	

GIRLS CLASSES	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Basic	☺	5-6	2:45-3:45pm #5564		1:30-2:30pm #5565	12:15-1:15pm #5566	6:00-7:00pm #5567	11:15am-12:15pm #5568
	Beginning I	☺	7-10		6:10-7:10pm #5572	12:15-1:15pm #5571	1:30-2:30pm #5569	3:00-4:00pm #5570	11:15am-12:15pm #5573
	Beginning II	☺	11-15		7:15-8:15pm #5583	12:15-1:15pm #5582			
	Hot Shots	☀	5-6		2:00-3:00pm #5585				
	Intermediate I	☀	7-10	6:10-7:10pm #5574	3:15-4:15pm #5575		12:15-1:15pm #5579		4:30-5:30pm #5576
	Intermediate II	☀	11-15		7:15-8:15pm #5578				
	Pre-Team (2 x wk)	★	6-15		6:15-7:30pm #5599	3:00-4:15pm #3510	6:15-7:30pm #5599	3:00-4:15pm #3510	

BOYS CLASSES	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Boys Basic	☺	5-6	1:30-2:30pm #3515	2:00-3:00pm #3514			6:00-7:00pm #3516	
	Boys Beginning	☺	7-15	2:45-3:45pm #3521		6:10-7:10pm #3522	1:30-2:30pm #3520		
	Boys Intermediate	☀	7 & up				6:15-7:15pm #3523		

COED CLASSES	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Beginning Tumbling	☺	7 & up		6:15-7:00pm #5593				4:30-5:15pm #3501
Advanced Tumbling	☀	7 & up	6:10-7:10pm #5594						

CHEERLEADING	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Spirits Level I	☺	5-10		11:15am-Noon #5595 12:15-1:00pm #5596				
Spirits Level II	☀	5 & up		1:15-2:15pm #5597					

SYMBOL	LEVEL	CLASS DESIGNED FOR
☺	BEGINNING	Beginner
☀	INTERMEDIATE	Has passed Beginning Level gymnastics classes. Instructor recommendation required.
★	ADVANCED	Has passed Beginning & Intermediate Level gymnastics classes. Instructor recommendation required.

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GYMNASTICS / CHEERLEADING CLASS DESCRIPTIONS

NO CLASSES: JUN 26, JUL 4

YOUTH CLASSES - AGES 4 & UNDER • FEE: \$49 (DISTRICT RATE: \$37) 5 WEEKS

PARENT-TOT I GYMNASTICS Ages 10-24 mos
 Come and enjoy playtime with your tot. This is a wonderful opportunity to participate in group activities and interactive play. Our goal for this class is to focus on motor development and parent-child bonding.

TINY TUMBLERS GYMNASTICS Age 3
 Boys and girls will be introduced to the basics of gymnastics on all pieces of equipment. The benefits include improvement in coordination, gross motor skills and social skill development.

PARENT-TOT II GYMNASTICS Ages 2-3
 Enjoy creative interaction with your child. Learn basic gymnastic skills, while having fun with songs and activities using balls, tunnels, parachutes, and other toys in a semi-structured environment.

PRESCHOOL GYMNASTICS Age 4
 Boys and girls will learn the basics of gymnastics on all pieces of equipment. The class will focus on using gross motor and listening skills in a more independent environment.

GIRLS BEGINNING LEVEL GYMNASTICS CLASSES • FEE: \$54 (DISTRICT RATE: \$41) 5 WEEKS

BASIC GYMNASTICS Ages 5-6
 Jump into gymnastics with this introductory class for girls. They will learn the basics of gymnastics on all pieces of equipment in a structured and fun environment.

BEGINNING I GYMNASTICS Ages 7-10
 This introductory girls' beginning class for the younger gymnasts encourages skill development, coordination and flexibility. Skills taught include circling the bar and walking and jumping on the high beam.

For details and current schedules for programs and events at any of our facilities, please visit our website at www.foothills.org.

BEGINNING II GYMNASTICS Ages 11-15
 This is a girls' class aimed towards the older beginner gymnast. The goals are to increase flexibility, coordination and endurance, while learning skills on the high beam, un-even bars, floor exercise and the vault.

GIRLS ADVANCED LEVEL GYMNASTICS CLASSES (THESE CLASSES REQUIRE INSTRUCTOR RECOMMENDATION)

- FEE: \$54 (DISTRICT RATE: \$41) 5 WEEKS
- PRE-TEAM GYMNASTICS FEE: \$87 (DISTRICT RATE: \$69) 5 WEEKS

HOT SHOTS Ages 5-6
 An advanced girls' class for the young gymnast showing high potential and a strong desire to learn competitive skills.

INTERMEDIATE II GYMNASTICS Ages 11-15
 This class is designed for the older advanced girl. The focus of this class is balance, good form and endurance, while doing back walkovers on floor and cartwheels on the beam.

INTERMEDIATE I GYMNASTICS Ages 7-10
 This class is designed for the more advanced girl and teaches progressive skills including back extensions on the floor and cartwheels on the beam.

PRE-TEAM GYMNASTICS Ages 6-15
 Gymnasts focus on proper techniques, skill development and trick connection. This is a great class to take prior to joining the Foothills Flairs Team.

BOYS GYMNASTICS CLASSES • FEE: \$54 (DISTRICT RATE: \$41) 5 WEEKS

BOYS BASIC GYMNASTICS Ages 5-6
 Try this class specifically for boys. Skills taught will focus on strength building and coordination. Participants will work on the floor exercise, rings and much more.

BOYS INTERMEDIATE GYMNASTICS Ages 7 & up
THIS CLASS REQUIRES INSTRUCTOR RECOMMENDATION.

BOYS BEGINNING GYMNASTICS Ages 7 - 15
 This is an introductory boys' gymnastics class to encourage skill development, coordination and strength. Participants will work on the high-bar, parallel bars and much more.

This advanced class is for the older boy who shows high potential and a strong desire to learn competitive skills. Some skills covered are mounts and dismounts on parallel bars and press handstands on floor.

COED TUMBLING CLASSES

- BEGINNING TUMBLING FEE: \$49 (DISTRICT RATE: \$37) 5 WEEKS
- ADVANCED TUMBLING FEE: \$54 (DISTRICT RATE: \$41) 5 WEEKS

BEGINNING TUMBLING Ages 7 & up
 This coed class will strengthen tumbling skills on the floor. Skills taught include cartwheels, round-offs, back extensions and back walkovers, while improving strength and coordination.

ADVANCED TUMBLING Ages 7 & up
THIS CLASS REQUIRES INSTRUCTOR RECOMMENDATION.
 They will work up to front handsprings, back handsprings and more advanced tumbling. The goal is to perfect tumbling skills while increasing flexibility and strength.

CHEERLEADING (PLEASE WEAR COMFORTABLE CLOTHES & TENNIS SHOES.)

- SPIRITS LEVEL I FEE: \$50 (DISTRICT RATE: \$38) 5 WEEKS
- SPIRITS LEVEL II FEE: \$54 (DISTRICT RATE: \$41) 5 WEEKS

SPIRITS LEVEL I Ages 5-10
 This fun filled class is designed for those with a desire to learn the basics and have fun learning a cheerleading routine. Participants will learn angles, jumps, basic tumbling, and simple cheers.

SPIRITS LEVEL II Ages 5 & up
 This class focuses on the basic stunts, for example the thigh stand and shoulder sit, and the basics in tumbling such as roundoffs and work up to back walkovers. Participants will be learning more advanced routines.

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GYMNASTICS - CARA TEAM SCHEDULES

303-409-2506



ALL GYMNASTICS CLASSES MEET AT LILLEY GULCH RECREATION CENTER.

GYMNASTICS CARA SCHEDULES	MON / WED		MON/WED/FRI		TUE / THU		TUE / THU / FRI		MON / SAT	
	SESS # 1: JUN 7-23 2: JUN 28-JUL 21 3: JUL 26-AUG 18 FEE: \$126 (District Rate: \$111) 4 WEEKS		SESS # 1: JUN 7-25 2: JUN 28-JUL 23 3: JUL 26-AUG 20 FEE: \$141 (District Rate: \$126) 4 WEEKS		SESS # 1: JUN 1-24 2: JUN 29-JUL 22 3: JUL 27-AUG 19 FEE: \$114 (District Rate: \$99) 4 WEEKS		SESS # 1: JUN 1-25 2: JUN 29-JUL 23 3: JUL 27-AUG 20 FEE: \$129 (District Rate: \$114) 4 WEEKS		SESS # 1: JUN 7-26 2: JUN 28-JUL 24 3: JUL 26-AUG 21 FEE: \$114 (District Rate: \$99) 4 WEEKS	
* No practice JUN 26 (see Courtenay for make-up)										
ACTIVITY	ACT #	TIME	ACT #	TIME	ACT #	TIME	ACT #	TIME	ACT #	TIME
GIRLS OPTIONALS 2 days/wk	3535	4:00-6:30pm								
GIRLS OPTIONALS 3 days/wk			3536	M/W: 4:00-6:30pm FRI: 4:00-6:00pm						
GIRLS COMP 4 2 days/wk					3530	4:00-6:00pm				
GIRLS COMP 4 3 days/wk							3529	4:00-6:00pm		
GIRLS COMP 5 2 days/wk					3532	5:30-7:30pm				
GIRLS COMP 5 3 days/wk							3531	5:30-7:30pm		
BOYS COMP 2 2 days/wk									3555	MON: 5:15-7:15pm SAT: 10:00-NOON

3-15-10