

WINTER/SPRING 2010



GYMNASTICS & CHEERLEADING CLASS SCHEDULES

NOTE: YOU MUST REGISTER FOR THE CLASSES BELOW (WWW.IFOOTHILLS.ORG)
INFORMATION: 303-409-2506

ALL GYMNASTICS CLASSES MEET AT LILLEY GULCH RECREATION CENTER.

GYMNASTICS SCHEDULES * No class MAR 29 - APR 3	MON	SESS #1: JAN 4 - FEB 8	SESS #2: FEB 22 - APR 5*	SESS #3: APR 19 - MAY 24
	TUE	SESS #1: JAN 5 - FEB 9	SESS #2: FEB 23 - APR 6*	SESS #3: APR 20 - MAY 25
	WED	SESS #1: JAN 6 - FEB 10	SESS #2: FEB 24 - APR 7*	SESS #3: APR 21 - MAY 26
	THU	SESS #1: JAN 7 - FEB 11	SESS #2: FEB 25 - APR 8*	SESS #3: APR 22 - MAY 27
	FRI	SESS #1: JAN 8 - FEB 12	SESS #2: FEB 26 - APR 9*	SESS #3: APR 23 - MAY 28
	SAT	SESS #1: JAN 9 - FEB 13	SESS #2: FEB 27 - APR 10*	SESS #3: APR 24 - MAY 29

YOUTH - 4 & UNDER	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Parent-Tot I	☺	10-24 mo		9:00-9:45am #4551				8:15-9:00am #4552
	Parent-Tot II	☺	2-3	9:00-9:45am #4553		9:00-9:45am #4556	9:00-9:45am #4557	9:00-9:45am #4558	9:15-10:00am #4555
	Tiny Tumblers	☺	3	6:10-6:55pm #4563	2:45-3:30pm #4561	10:00-10:45am #4562	2:00-2:45pm #4564	10:00-10:45am #4567	10:15-11:00am #4560
	Preschool	☺	4	2:00-2:45pm #4597	5:15-6:00pm #4595	2:45-3:30pm #4596	10:00-10:45am #4592	2:45-3:30pm #4593	10:15-11:00am #4594

GIRLS CLASSES	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Basic	☺	5-6	3:30-4:30pm #4566		6:10-7:10pm #4568	3:30-4:30pm #4569		11:15am-12:15pm #4565
	Beginning I	☺	7-10	3:30-4:30pm #4570			5:00-6:00pm #4571		11:15am-12:15pm #4572
	Beginning II	☺	11-15		7:15-8:15pm #4585				
	Hot Shots	☀	5-6		3:40-4:40pm #4580				
	Intermediate I	☀	7-10	6:10-7:10pm #4575				3:40-4:40pm #4576	4:30-5:30pm #4577
	Intermediate II	☀	11-15		7:15-8:15pm #4579				
Pre-Team (2 x wk)	★	6-15		5:45-7:00pm #4640	3:30-4:45pm #4641	5:45-7:00pm #4640	3:30-4:45pm #4641		

BOYS CLASSES	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Boys Basic	☺	5-6			3:40-4:40pm #4603	3:30-4:30pm #4638		4:30-5:30pm #4636
	Boys Beginning	☺	7-15		3:40-4:40pm #4639	6:10-7:10pm #4637			
	Boys Intermediate	☀	7 & up				6:15-7:15pm #4588		

COED CLASSES	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Beginning Tumbling	☺	7 & up	3:30-4:15pm #4613	6:15-7:00pm #4612				
	Advanced Tumbling	☀	7 & up	6:10-7:10pm #4615					

CHEERLEADING	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Spirits Level I *No Class MAR 31	☺	5-10			4:00-4:45pm #4622 5:00-5:45pm #4623			
	Spirits Level II *No Class MAR 31	☀	5 & up			6:00-7:00pm #4626			

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

YOUTH CLASSES - AGES 4 & UNDER • FEE: \$56 (DISTRICT RATE: \$43) 6 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.

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.

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.

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: \$61 (DISTRICT RATE: \$47) 6 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.

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

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.

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: \$61 (DISTRICT RATE: \$47) 6 WEEKS
- PRE-TEAM GYMNASTICS FEE: \$96 (DISTRICT RATE: \$78) 6 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 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.

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.

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: \$60 (DISTRICT RATE: \$46) 6 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 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.

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

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: \$55 (DISTRICT RATE: \$42) 6 WEEKS
- ADVANCED TUMBLING FEE: \$61 (DISTRICT RATE: \$47) 6 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: \$55 (DISTRICT RATE: \$43) 6 WEEKS
- SPIRITS LEVEL II FEE: \$57 (DISTRICT RATE: \$45) 6 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

INFORMATION: 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: JAN 4-27 2: FEB 1-24 3: MAR 1-24 4: APR 5-28 5: MAY 3-26 FEE: \$126 (District Rate: \$111) 4 WEEKS		SESS # 1: JAN 4-29 2: FEB 1-26 3: MAR 1-26 4: APR 5-30 5: MAY 3-28 FEE: \$141 (District Rate: \$126) 4 WEEKS		SESS # 1: JAN 5-28 2: FEB 2-25 3: MAR 2-25 4: APR 6-29 5: MAY 4-27 FEE: \$114 (District Rate: \$99) 4 WEEKS		SESS # 1: JAN 5-29 2: FEB 2-26 3: MAR 2-26 4: APR 6-30 5: MAY 4-28 FEE: \$129 (District Rate: \$114) 4 WEEKS		SESS # 1: JAN 4-30 2: FEB 1-27 3: MAR 1-27 4: APR 5-MAY 1 5: MAY 3-29 FEE: \$114 (District Rate: \$99) 4 WEEKS	
ACTIVITY	ACT #	TIME	ACT #	TIME	ACT #	TIME	ACT #	TIME	ACT #	TIME
GIRLS OPTIONALS 2 days/wk	4630	4:00-6:30pm								
GIRLS OPTIONALS 3 days/wk			4631	M/W: 4:00-6:30pm FRI: 4:00-6:00pm						
GIRLS COMP 4 2 days/wk					4634	4:00-6:00pm				
GIRLS COMP 4 3 days/wk							4635	4:00-6:00pm		
GIRLS COMP 5 2 days/wk					4628	5:30-7:30pm				
GIRLS COMP 5 3 days/wk							4629	5:30-7:30pm		
BOYS COMP 2 2 days/wk									4633	MON: 4:00-6:00pm SAT: 10:00-NOON

10-13-09