

FALL 2010 GYMNASTICS & CHEERLEADING CLASS SCHEDULES

INFORMATION: 303-409-2506



ALL GYMNASTICS CLASSES MEET AT LILLEY GULCH RECREATION CENTER.

GYMNASTICS SCHEDULES * No classes NOV 21-27 ** FLIP N DIP SESSIONS: Sess #1: SEP 13-OCT 11 Sess #2: OCT 18-NOV 15 Sess #3: NOV 22-DEC 20	SUN	SESS #1: SEP 12 – OCT 17	SESS #2: OCT 31 – DEC 12*
	MON**	SESS #1: SEP 13 – OCT 18	SESS #2: NOV 1 – DEC 13*
	TUE	SESS #1: SEP 14 – OCT 19	SESS #2: NOV 2 – DEC 14*
	WED	SESS #1: SEP 15 – OCT 20	SESS #2: NOV 3 – DEC 15*
	THU	SESS #1: SEP 16 – OCT 21	SESS #2: NOV 4 – DEC 16*
	FRI	SESS #1: SEP 17 – OCT 22	SESS #2: NOV 5 – DEC 17*
	SAT	SESS #1: SEP 18 – OCT 23	SESS #2: NOV 6 – DEC 18*

YOUTH – 4 & UNDER	ACTIVITY	FEE	LEVEL	AGE	SUN	MON	TUE	WED	THU	FRI	SAT	
	Parent-Tot I	\$56	☺	10-24 mo			9:00-9:45am #6558					8:15-9:00am #6557
	Parent-Tot II	D: \$43	☺	2-3	10:00-10:45am #6550			9:00-9:45am #6552	9:00-9:45am #6553	9:00-9:45am #6554		9:15-10:00am #6555
	Flip N Dip**(5 wks) • Gynmnastics & Swim	\$60 D: \$48	☺	3-4		1:30-2:35pm #6632						
	Tiny Tumblers	\$56	☺	3		6:10-6:55pm #6559	2:45-3:30pm #6562	10:00-10:45am #6561	2:00-2:45pm #6569	10:00-10:45am #6564		10:15-11:00am #6595
	Preschool	D: \$43	☺	4		2:15-3:30pm #6566	5:15-6:00pm #6560	2:45-3:30pm #6568	10:00-10:45am #6563	2:45-3:30pm #6567		10:15-11:00am #6565

GIRLS CLASSES	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT	
	Basic	\$61 D: \$47	☺	5-6	3:30-4:30pm #6570		6:10-7:10pm #6573	3:30-4:30pm #6572		11:15am-12:15pm #6571
	Beginning I		☺	7-10	3:30-4:30pm #6574			5:00-6:00pm #6576		11:15am-12:15pm #6577
	Beginning II		☺	11-15		7:15-8:15pm #6601				
	Hot Shots		☀	5-6		3:40-4:40pm #6590				
	Intermediate I		☀	7-10	6:10-7:10pm #6578				3:40-4:40pm #6579	4:30-5:30pm #6580
	Intermediate II		☀	11-15		7:15-8:15pm #6581				
	Pre-Team (2 x wk)	\$96 D: \$78	★	6-15		5:45-7:00pm #6610	3:45-5:00pm #6611	5:45-7:00pm #6610	3:45-5:00pm #6611	

BOYS CLASSES	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Boys Basic	\$60 D: \$46	☺	5-6			3:40-4:40pm #6643		4:30-5:30pm #6642
	Boys Beginning		☺	7-15		3:40-4:40pm #6603	6:10-7:10pm #6604		
	Boys Intermediate		☀	7 & up				6:15-7:15pm #6606	

COED CLASSES	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT
	Beginning Tumbling	\$55 D: \$42	☺	7 & up	3:30-4:15pm #6636	6:15-7:00pm #6635			
Advanced Tumbling	\$61 D: \$47	☀	7 & up	6:10-7:10pm #6640					

CHEERLEADING	ACTIVITY	LEVEL	AGE	MON	TUE	WED	THU	FRI	SAT	
	Adaptive Cheerleading	\$55 D: \$43	☺	5 & up			4:00-4:45pm #6620-1 (SESS 1 ONLY)			
	Spirits Level I		☺	5-10			5:00-5:45pm #6623			
Spirits Level II	\$57 D: \$45	☀	5 & up			6:00-7:00pm #6625				

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.

FALL 2010



GYMNASTICS - CARA TEAM SCHEDULES

INFORMATION: 303-409-2506

ALL GYMNASTICS PRACTICES MEET AT LILLEY GULCH RECREATION CENTER.

GYMNASTICS CARA SCHEDULES * No practice NOV 25-26 (see Courtenay for make-up)	MON / WED		MON/WED/FRI		TUE / THU		TUE / THU / FRI		MON / SAT	
	SESS # 1: SEP 8-29 2: OCT 4-27 3: NOV 1-24 4: NOV 29-DEC 22 FEE: \$126 (District Rate: \$111) 4 WEEKS		SESS # 1: SEP 8-OCT 1 2: OCT 4-29 3: NOV 1-24 4: NOV 29-DEC 22 FEE: \$141 (District Rate: \$126) 4 WEEKS		SESS # 1: SEP 7-30 2: OCT 5-28 3: NOV 2-23 4: NOV 30-DEC 23 FEE: \$114 (District Rate: \$99) 4 WEEKS		SESS # 1: SEP 7-OCT 1 2: OCT 5-29 3: NOV 2-23 4: NOV 30 - DEC 23 FEE: \$129 (District Rate: \$114) 4 WEEKS		SESS # 1: SEP 11-OCT 2 2: OCT 4-30 3: NOV 1-27 4: NOV 29 - DEC 20 FEE: \$114 (District Rate: \$99) 4 WEEKS	
ACTIVITY	ACT #	TIME	ACT #	TIME	ACT #	TIME	ACT #	TIME	ACT #	TIME
GIRLS OPTIONALS 2 days/wk	6586	4:00-6:30pm								
GIRLS OPTIONALS 3 days/wk			6587	M/W: 4:00-6:30pm FRI: 4:00-6:00pm						
GIRLS COMP 4 2 days/wk					6584	4:00-6:00pm				
GIRLS COMP 4 3 days/wk							6585	4:00-6:00pm		
GIRLS COMP 5 2 days/wk					6588	5:30-7:30pm				
GIRLS COMP 5 3 days/wk							6589	5:30-7:30pm		
BOYS COMP 2 2 days/wk									6645	MON: 5:15-7:15pm SAT: 10:00-NOON