

# WINTER/SPRING 2012



## 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 * No classes MAR 25 - 31	SUN	SESS #1: JAN 8 - FEB 12	SESS #2: FEB 19 - APR 1*	SESS #3: APR 15 - MAY 20
<b>FLIP N DIP SESSIONS:</b> <b>MON</b> Sess #1: JAN 9 - FEB 26 Sess #2: FEB 13 - MAR 12 Sess #3: APR 2 - 30 <b>WED</b> Sess #1: JAN 11 - FEB 8 Sess #2: FEB 15 - MAR 14 Sess #3: APR 4 - MAY 2	MON	SESS #1: JAN 9 - FEB 13	SESS #2: FEB 27 - APR 9*	SESS #3: APR 16 - MAY 21
	TUE	SESS #1: JAN 10 - FEB 14	SESS #2: FEB 28 - APR 10*	SESS #3: APR 17 - MAY 22
	WED	SESS #1: JAN 11 - FEB 15	SESS #2: FEB 29 - APR 11*	SESS #3: APR 18 - MAY 23
<b>FLIP N DIP &amp; FLIP N DIP II SESSIONS:</b> <b>SAT</b> Sess #7: JAN 14 - FEB 11 Sess #8: FEB 18 - MAR 17 Sess #9: APR 7 - MAY 5	THU	SESS #1: JAN 12 - FEB 16	SESS #2: MAR 1 - APR 12*	SESS #3: APR 19 - MAY 24
	FRI	SESS #1: JAN 13 - FEB 17	SESS #2: MAR 2 - APR 13*	SESS #3: APR 20 - MAY 25
	SAT	SESS #1: JAN 14 - FEB 18	SESS #2: MAR 3 - APR 14*	SESS #3: APR 21 - MAY 26

YOUTH CLASSES	ACTIVITY	FEE	LEVEL	AGE	SUN	MON	TUE	WED	THU	FRI	SAT
	Parent-Tot I	\$58 D: \$45	☺	10-24 mo			9:00-9:45am #4550	9:00-9:45am #4551			
Parent-Tot II	☺		2-3	10:00-10:45am #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		2:15-3:00pm #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	
Flip N Dip**(5 wks) • Gymnastics & Swim	\$60 D: \$48	☺	3-4		1:30-2:30pm #2130			1:30-2:30pm #2132			11:30am-12:30pm #2131
Flip N Dip II**(5 wks) • Gymnastics & Swim		☺	5-6								Noon-1:00pm #2133

GIRLS CLASSES	ACTIVITY	FEE	LEVEL	AGE	SUN	MON	TUE	WED	THU	FRI	SAT
	Basic	\$63 D: \$49	☺	5-6			3:30-4:30pm #4566		6:10-7:10pm #4568	3:30-4:30pm #4569	
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)	\$98 D: \$80	★	6-15				5:45-7:00pm #4640	3:45-5:00pm #4641	5:45-7:00pm #4640	3:45-5:00pm #4641	

BOYS CLASSES	ACTIVITY	FEE	LEVEL	AGE	SUN	MON	TUE	WED	THU	FRI	SAT
	Boys Basic	\$62 D: \$48	☺	5-6					3:40-4:40pm #4603		
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	FEE	LEVEL	AGE	SUN	MON	TUE	WED	THU	FRI	SAT
	Beginning Tumbling & Trampoline	\$58 D: \$45	☺	5 & up			3:30-4:15pm #4613				
Intermediate Tumbling & Trampoline	\$63 D: \$49	☺	5 & up				6:10-7:10pm #4612				
Advanced Tumbling		★	7 & up			6:10-7:10pm #4615					

CHEERLEADING	ACTIVITY	FEE	LEVEL	AGE	SUN	MON	TUE	WED	THU	FRI	SAT
	Adaptive Cheerleading	\$55 D: \$43	☺	5 & up					4:00-4:45pm #4622-3 (SESS 3 ONLY)		
Spirits Level I	☺		5-10					5:00-5:45pm #4623			
Spirits Level II	\$57 D: \$45	☺	5 & up					6:00-7:00pm #4626			

**NOTE:**  
**ALL CLASSES MEET 1XWK**  
**EXCEPT PRE-TEAM MEETS 2XWK**

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.

# WINTER/SPRING 2012

## GYMNASTICS - CARA TEAM SCHEDULES

**INFORMATION: 303-409-2506**



**ALL CARA TEAM PRACTICES MEET AT LILLEY GULCH RECREATION CENTER.**

<b>GYMNASTICS CARA SCHEDULES</b>	<b>MON / WED</b>	<b>MON/WED/FRI</b>	<b>TUE / THU</b>	<b>TUE / THU / FRI</b>				
	SESS # 1: JAN 2-25 2: JAN 30-FEB 22 3: FEB 27-MAR 21 4: APR 2-25 5: APR 30-MAY 23 GIRLS OPTIONALS FEE: \$128 (District Rate: \$113) 4 WEEKS BOYS TEAM FEE: \$116 (District Rate: \$101) 4 WEEKS * No class MAR 26 – 31	SESS # 1: JAN 2-27 2: JAN 30-FEB 24 3: FEB 27-MAR 23 4: APR 2-27 5: APR 30-MAY 25 FEE: \$143 (District Rate: \$128) 4 WEEKS	SESS # 1: JAN 3-26 2: JAN 31-FEB 23 3: FEB 28-MAR 22 4: APR 3-26 5: MAY 1-24 FEE: \$116 (District Rate: \$101) 4 WEEKS	SESS # 1: JAN 3-27 2: JAN 31-FEB 24 3: FEB 28-MAR 23 4: APR 3-27 5: MAY 1-25 FEE: \$131 (District Rate: \$116) 4 WEEKS				
<b>ACTIVITY</b>	<b>ACT #</b>	<b>TIME</b>	<b>ACT #</b>	<b>TIME</b>	<b>ACT #</b>	<b>TIME</b>	<b>ACT #</b>	<b>TIME</b>
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	TUE/THU: 5:30-7:30pm FRI: 4:00-6:00pm
BOYS TEAM 2 days/wk	4633	MON: 5:15-7:15pm WED: 5:15-7:15pm						

12-6-11