

GYMNASTICS YOUTH – CLASS DESCRIPTIONS

Our remarkable gymnastics center includes a full-size spring floor, uneven and parallel bars, in-ground trampoline, large foam pit and all the basic equipment for boys and girls gymnastics programs. For Parent-Tot Classes, please make childcare arrangements for other siblings. **WEAR COMFORTABLE CLOTHING – NO JEANS PLEASE.**
REGISTER EARLY – CLASSES FILL QUICKLY!

PRICES AND AVAILABILITY ARE SUBJECT TO CHANGE WITHOUT NOTICE.

YOUTH CLASSES

- FEE: \$56 (DISTRICT RATE: \$43) 6 WKS
- FLIP N DIP FEE: \$60 (DISTRICT RATE: \$48) 5 WKS

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.

FLIP N DIP Ages 3-4
Begin with 30 minutes on basic gymnastics skills followed by 30 minutes of introduction to swimming skills. Participants wear swimsuits to class at Lilley Gulch Recreation Center.

FLIP N DIP II Ages 5-6
Begin with 30 minutes on basic gymnastics skills followed by 30 minutes of introduction to swimming skills. Participants wear swimsuits to class at Lilley Gulch Recreation Center.

COED TUMBLING CLASSES

- BEGINNING TUMBLING & TRAMPOLINE
FEE: \$55 (DISTRICT RATE: \$42) 6 WKS
- INTERMEDIATE TUMBLING & TRAMPOLINE
FEE: \$61 (DISTRICT RATE: \$47) 6 WKS
- ADVANCED TUMBLING
FEE: \$61 (DISTRICT RATE: \$47) 6 WKS

BEGINNING TUMBLING & TRAMPOLINE Ages 7 & up
This class will strengthen tumbling skills on the floor and gain knowledge of basic trampoline skills and jumps. Some tumbling skills covered will be cartwheels, backbends and forward & backward rolls. Participants will work on the floor exercise, pit & trampoline.

INTERMEDIATE TUMBLING & TRAMPOLINE Ages 7 & up
THIS CLASS REQUIRES INSTRUCTOR RECOMMENDATION.
This class is a mix of basic trampoline work, conditioning and tumbling. Several tumbling skills covered are backbend kickover, back walkover and round-offs. Participants will work on the floor exercise, pit & trampoline.

ADVANCED TUMBLING Ages 7 & up
THIS CLASS REQUIRES INSTRUCTOR RECOMMENDATION.
Participants will work on front & back handsprings and more advanced tumbling skills. There will be some strength and conditioning to help with the tumbling skills. The goal is to perfect tumbling skills while increasing flexibility and strength. Participants will work on the floor exercise, pit & trampoline.

GIRLS BEGINNING GYMNASTICS CLASSES

- FEE: \$61 (DISTRICT RATE: \$47) 6 WKS

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.

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, uneven bars, floor exercise and the vault.

GIRLS ADVANCED GYMNASTICS CLASSES

(THESE CLASSES REQUIRE INSTRUCTOR RECOMMENDATION)

- FEE: \$61 (DISTRICT RATE: \$47) 6 WKS
- PRE-TEAM FEE: \$96 (D: \$78) 2XWK FOR 6 WKS

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 WKS

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.

GYMNASTICS

LOOKING FOR CLASS SCHEDULES?

Please pick them up at our facilities OR visit [WWW.IFOOHHILLS.ORG](http://www.ifoohills.org).

GYMNASTICS YOUTH – COMPETITIVE/DROP-IN/CHEERLEADING

PRICES AND AVAILABILITY ARE SUBJECT TO CHANGE WITHOUT NOTICE.

C.A.R.A. COMPETITIVE TEAMS

FOOTHILLS FLAIRS GIRLS TEAM

The step after lessons is the C.A.R.A. (Colorado Association of Recreational Athletics) Foothills Flairs Gymnastics Team. Advanced gymnasts can join our team with their coach's recommendation. Girls ages 7 to 18 learn routines and compete against other teams throughout Colorado in four regular season meets. After qualified, gymnasts attend the Regional Meet and the State Meet. Compulsories compete the same routine created by C.A.R.A. Optionals, create their own routines that follow Colorado High School guidelines and they move up through four levels. In addition to the monthly fee, there are annual fees for Team Boosters, C.A.R.A. League, leotards, jackets and shorts totaling approximately \$290.

COMPULSORY GIRLS 4 TEAM Ages 7-18

ENTRY LEVEL. Compulsory is designed for the beginning team member. Practices are Tuesday and Thursday with Friday being a make-up or additional day.

Fee: \$116 (District Rate: \$101) 2 days per week for 4 weeks

Fee: \$131 (District Rate: \$116) 3 days per week for 4 weeks

OPTIONAL GIRLS TEAM Ages 7-18

Optional Team is for the more advanced team member. Practices are held on Monday and Wednesday with Friday being a make-up or additional day.

Fee: \$128 (District Rate: \$113) 2 days per week for 4 weeks

Fee: \$143 (District Rate: \$128) 3 days per week for 4 weeks

COMPULSORY GIRLS 5 TEAM Ages 7-18

PRE-REQUISITE: COMPULSORY GIRLS 4 TEAM. Compulsory is designed for the beginning team member. Practices are Tuesday and Thursday with Friday being a make-up or additional day.

Fee: \$116 (District Rate: \$101) 2 days per week for 4 weeks

Fee: \$131 (District Rate: \$116) 3 days per week for 4 weeks

C.A.R.A. COMPULSORY TEAM – BOYS

COMPULSORY BOYS TEAM Ages 7-18

After you have mastered Boys Intermediate and have gone through a try-out, you are ready to become a team member. This is a great opportunity for boys to compete on all boys apparatus. Gymnasts will compete during the summer with 3 regular season meets then finish with the Boys State Meet.

Fee: \$116 (District Rate: \$101) 2 days per week for 4 weeks

**Gymnastic Center Rentals:
Call 303-409-2500!**

DROP-IN GYMNASTICS

Practice or play in the gymnastics center! A staff member is in the gym to supervise – this is not an organized class. Pay at the front desk – space is limited.

NO DROP-IN: SEP 5, NOV 24-25, DEC 24,25,31

PARENT/CHILD DROP-IN GYMNASTICS Ages 9 mos-5

For safety of young children no one over five will be allowed in the gym. You are responsible for the supervision of your child(ren).

Fee: \$5/child (District Rate: \$4/child)

FAMILY DROP-IN GYMNASTICS Up to 10

Intended for the whole family. Parent or guardian must be present in the gym at all times.

Fee: \$5/child (District Rate: \$4/child)

DROP-IN GYMNASTICS Ages 5 & up

Parent or guardian must be present in the gym at all times for participants, ages five to nine.

Fee: \$5.50/person (District Rate: \$4.50/person)

OPEN GYMNASTICS (JUN 4 – AUG 13) Ages 2 & up

JUST FOR THE SUMMER! Children 5 and under MUST have an adult (18 years or older) with them at all times. Children 6-9 MUST be supervised by an adult while in the gymnastics center.

Fee: \$5/person (District Rate: \$4/person)

CHEERLEADING (PLEASE WEAR COMFORTABLE CLOTHES & TENNIS SHOES.)

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.

Fee: \$54 (District Rate: \$36) 6 weeks

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.

Fee: \$57 (District Rate: \$45) 6 weeks

ADULT/YOUTH ADAPTIVE CHEERLEADING (SEE PAGE 46 FOR DETAILS).

GYMNASTICS BIRTHDAY PARTIES • AGES 3+



Let Foothills Gymnastics do the work for you! We offer packages to suit your every need. We offer cake, ice cream, beverages and paper products that will score a perfect 10. With a combination of basic gymnastic skills and cooperative games, every child goes for the gold. Sign up at least 10 days in advance • **\$50 deposit required.** For more information, call 303-409-2500.

Fees:

1-10 children: \$155

16-20 children: \$185

11-15 children: \$170

21-25 children: \$200

(25+: Add \$3.25 per person)