Gymnastics

RECOMMENDED ATTIRE
Leotard (girls) or shorts and T-shirt and bare feet. Long hair must be pulled back away from face.

GYMNASTICS CLASSES

Information: 720.963.5384

KANGAROOS (AGES 18 MOS.-3)

This class begins with 10 minutes of free play/gym exploration, and then the children (with a little help from a parent/caregiver) try out our gymnastics obstacle courses, which include a variety of child-sized gymnastics equipment, tunnels and activities. There should be one parent/caregiver per tot in this class.

TINY TUMBLERS (AGES 2 ½-4)

This class introduces toddlers to the concepts of following directions and being in a class all on their own! Children enjoy jumping, rolling and trying the gymnastics equipment. They progress towards navigating the entire gymnastics obstacle course.

LITTLE LEAPERS (AGES 4-5)

Children enjoy weekly themed activities, navigating gymnastics obstacle courses and learning basic skill progressions. Children begin to develop strength and agility while learning the basics of gymnastics in a fun environment.

KARTWHEEL KIDS (AGES 5-6)

This is a beginning gymnastics class that includes basic tumbling and gymnastics skills. Students will be introduced to a progression of rolls, handstands and cartwheels along with basic beam, bar and vault skills using gymnastics equipment. No prior gymnastics experience is necessary.

BRONZE FLIPS (AGES 7-12)

This is a beginning gymnastics class that includes basic tumbling and gymnastics skills. Students will be introduced to a progression of rolls, handstands and cartwheels along with basic beam, bar and vault skills using gymnastics equipment. No prior gymnastics experience is necessary.

SILVER FLIPS (AGES 7-12)

This is our level two gymnastics class for students working on tumbling and basic skills on the apparatus. Gymnasts should be able to successfully complete all skills learned in Bronze Flips in order to join this class.

CARA GOLD STARS (AGES 7-18)

This practice is for level four and up gymnasts who are exceptionally focused, strong, flexible and coordinated. Gymnasts will continue to develop skill progressions and learn CARA gymnastics routines for the 2014 CARA Gymnastics Season. Coach approval is required.

BOYS GYMNASTICS (AGES 5-12)

These all-boys gymnastics classes will help build strength and improve agility. Boys learn basic tumbling and use gymnastics apparatus including rings, bars and vault.

DROP-IN

Information: 720.963.5384

DROP-IN TOTS IN ACTION (AGES WALKING-6)

Enjoy playing on various pieces of gymnastics equipment, sliding, ball play and twirling hoops. This is a drop-in class (no registration). For gym safety and the enjoyment of everyone, there is a maximum capacity of 18 tots per session!

GYMNASTICS CLASSES & DROP-IN PROGRAMS

Information: 720.963.5384
Session 1: Aug 25-Sep 20
Session 2: Sep 22-Oct 18
(Session 1 Monday classes will be prorated for the Labor Day holiday.)

Session 3: Oct 20-Nov 15
Session 4: Nov 17-Dec 20
(No classes Thanksgiving week)

All classes are held in the Gymnastics Center at the Lakewood Link Recreation Center.

CARA Gold Stars: $79 Resident, $99 Nonresident/session
Bronze Flips, Silver Flips and Boys Gymnastics: $39 Resident, $55 Nonresident/session
All other classes: $35 Resident, $45 Nonresident/session
SEASON DISCOUNT: Register for the season (all four sessions) and save $15.

Class	Ages	Day	Time	Session 1	Session 2	Session 3	Session 4
Kangaroos (Parent/Tot)	18 mos.-3	Mon	10-10:45 am	326202-01	326202-04	326202-07	326202-10
		Wed	Noon-12:45 pm	326202-13	326202-14	326202-15	326202-16
		Thu	10-10:45 am	326202-02	326202-05	326202-08	326202-11
		Fri	11-11:45 am	326202-03	326202-06	326202-09	326202-12
Tiny Tumblers	2 ½-4	Mon	Noon-12:45 pm	326203-17	326203-18	326203-19	326203-20
		Tue	10-10:45 am	326203-01	326203-05	326203-09	326203-13
		Tue	4:15-5 pm	326203-21	326203-22	326203-23	326203-24
		Wed	10-10:45 am	326203-02	326203-06	326203-10	326203-14
		Thu	11-11:45 am	326203-03	326203-07	326203-11	326203-15
		Sat	10-10:45 am	326203-04	326203-08	326203-12	326203-16
Little Leapers	4-5	Tue	11-11:45 am	326302-01	326302-06	326302-11	326302-16
		Wed	4:15-5 pm	326302-02	326302-07	326302-12	326302-17
		Thu	6:30-7:15 pm	326302-03	326302-08	326302-13	326302-18
		Fri	10-10:45 am	326302-04	326302-09	326302-14	326302-19
		Sat	Noon-12:45 pm	326302-05	326302-10	326302-15	326302-20
Kartwheel Kids	5-6	Mon	6:15-7 pm	326301-01	326301-06	326301-11	326301-16
		Wed	5:15-6 pm	326301-02	326301-07	326301-12	326301-17
		Thu	4:15-5 pm	326301-03	326301-08	326301-13	326301-18
		Thu	6:30-7:15 pm	326301-04	326301-09	326301-14	326301-19
		Sat	Noon-12:45 pm	326301-05	326301-10	326301-15	326301-20
Bronze Flips	7-12	Mon	5:15-6:10 pm	326407-01	326407-06	326407-11	326407-16
		Tue	6:15-7:10 pm	326407-03	326407-08	326407-13	326407-18
		Wed	6:15-7:10 pm	326407-04	326407-09	326407-14	326407-19
		Sat	11-11:55 am	326407-05	326407-10	326407-15	326407-20
Silver Flips	7-12	Mon	5:15-6:10 pm	326403-01	326403-03	326403-05	326403-07
		Tue	6:15-7:10 pm	326403-02	326403-04	326403-06	326403-08
		Sat	11-11:45 am	326404-09	326404-10	326404-11	326404-12
CARA Gold Stars	7-18	Mon,Wed	6:15-8:15 pm	326406-01	326406-02	326406-03	326406-04
Boys Gymnastics	5-6	Tue	5:15-6:10 pm	326405-01	326405-03	326405-05	326405-07
		Thu	5:15-6:10pm	326405-09	326405-11	326405-13	326405-15
	7-12	Tue	5:15-6:10pm	326405-02	326405-04	326405-06	326405-08
		Thu	5:15-6:10 pm	326405-10	326405-12	326405-14	326405-16

DROP-IN	Tots in Action	Walking to 6	Tue-Sat	9-9:45 am	Ongoing (Except Sep 1, Nov 27, Dec 24, 25 and 31)	$5/visit $45/10-visit card
			Mon,Wed	11-11:45 am		
			Fri	Noon-12:45 pm		
			Mon	4:15-5 pm		