

GYMNASTICS RECREATIONAL CLASS DESCRIPTIONS

Tumblebears

Ages 3-4 years

Our program utilizes an imaginative curriculum for maximum fun. Improve your child's strength, coordination, flexibility and balance all while having fun on the bars, beam, vault and tumble run. The child is encouraged to explore and discover body movement by learning body positions and correct gym lingo.

This class is once a week for 45 minutes. Session fee is \$150 or \$30/month.

Superbears

Ages 4-5 years

Our program utilizes an imaginative curriculum for maximum fun. Improve your child's strength, coordination, flexibility and balance all while having fun on the bars, beam, vault and tumble run. The child is encouraged to explore and discover body movement by learning body positions and correct gym lingo.

This class is once a week for 45 minutes. Session fee is \$150 or \$30/month.

Kindergym

Ages 5-6 years

This class is a step above the Tumblebear experience. It emphasizes basic skills and utilizes the child's learned coordination and awareness to further develop their gymnastics. This class is a wonderful opportunity for a child to enhance self-confidence by achieving step by step success.

This class is once a week for 1 hour. Session fee is \$175 or \$35/month.

Jr Hot Shotz (Evaluation required to advance into this class)

Ages 5-6 yrs.

This is an accelerated class that is designed for gymnasts that can quickly pass off our core skills or has had gymnastics before. The Hot Shotz program prepares our young active kidz for a future on performance teams and on to the next level of gymnastics to pre-team.

This class is once a week for 1 ½ hours. Session fee is \$250 or \$50/month.

GYMNASTICS RECREATIONAL CLASS DESCRIPTIONS

Jr Allstars (Coach's approval required to advance into this class)

Ages 5-6 years

Allstars is our top recreational class. Students are advanced into this class after successfully completing our Hotshots program and passing off all required skills on bars, beam, floor and vault. This class serves those advanced students who love gymnastics but do not want to participate in competitions or our XCEL training program. Allstars gives gymnasts a chance to be in a top advanced class and enjoy doing gymnastics without the pressures of competition. Students can choose for themselves when they are ready to move into our Pre-team XCEL training program which prepares them for gymnastics meets and competitions.

This class is *twice* a week for 1 hour. Session fee is \$300 or \$60/month.

Gymkidz

Ages 7-12 years

This beginning elementary school age class emphasizes strength, flexibility and proper technique and body position. The child will learn tumbling skills and receive training on the bars, beam, vault, and Floor X. with a focus on tumbling skills. All students advance at their own pace and learn to set achievable goals to experience success.

This class is once a week for 1 hour. Session fee is \$175 or \$35/month.

Sr Allstars (Coach's approval required to advance into this class)

Ages 7-12 years

Allstars is our Top Recreational Class. Students are advanced into this class after successfully completing our Hotshots program and passing off all required skills on Bars, Beam, Floor and Vault. This class serves those advanced students who love gymnastics but do not want to participate in competitions or our XCEL training program. Allstars gives gymnasts a chance to be in a top advanced class and enjoy doing gymnastics without the pressures of competition. Students can choose for themselves when they are ready to move into our Pre-team XCEL training program which prepares them for gymnastics meets and competitions.

This class is *twice* a week for 1 hour. Session fee is \$300 or \$60/month.

GYMNASTICS RECREATIONAL CLASS DESCRIPTIONS

Sr Hot Shotz (Evaluation required to advance into this class)

Ages 7-12 years

This is an accelerated class that is designed for gymnasts that can quickly pass off our core skills or have had gymnastics before. The Hot Shotz program prepares our young active kidz for a future on performance teams and on to the next level of gymnastics to pre-team.

This class is once a week for 1 1/2 hours. Session fee is \$250 or \$50/month.

Power Tumbling Beginning/Intermediate Tumbling Back Handsprings and Beyond

Ages 8-16 years

Learn back handsprings, walk-overs, front hand springs and more! Teens who need tumbling skills for dance, cheerleading, or other performances will love this class.

This class is once a week for 1 hour. Session fee is \$175.00 or \$35/month.

*Participants may pay monthly or all at one time. Monthly payments are due the 1st lesson of each month. Payments can be made at the recreation office or on line at paysonutah.org. Coaches *cannot* accept payments on site.

*Apparel fees must be paid in full before you receive your items.