

# Gymnastics Programming

June-August 2021



**THORNTON**  
PARKS, RECREATION & COMMUNITY PROGRAMS



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# GYMNASTICS REGISTRATION INFORMATION

## SUSAN LUDWIG, RECREATION SPECIALIST

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### FIRST SUMMER SESSION REGISTRATION DATES

**Thornton Residents** | Monday, May 24, 7 a.m.

**Nonresidents** | Tuesday, May 25, 7 a.m.

**Five-week session June 1-July 3**

### SECOND SUMMER SESSION REGISTRATION DATES

**Thornton Residents** | Monday, June 28, 7 a.m.

**Nonresidents** | Tuesday, June 29, 7 a.m.

**Seven-week session July 12-August 28**

### ■ LITTLE EXPLORERS | AGES 2-3½

This class prepares your child to attend a gymnastics class on his or her own. Parents are **REQUIRED** to participate. The class consists of 40-minutes of structured activity and five minutes to explore freely. Dancing, singing and movement to music are incorporated in the curriculum. **PLEASE MAKE SEPARATE ARRANGEMENTS FOR INFANTS AND OTHER CHILDREN.** Only one adult per child please.

#### **ONCE PER WEEK | Fees: \$28.75R/\$35NR (5-weeks); \$40.25R/\$49NR (7-weeks)**

517105-A	Mo	9-9:45 a.m.	CRC
517105-C	We	9-9:45 a.m.	CRC
517105-F	Fr	9-9:45 a.m.	CRC
517105-Q	Fr	5-5:45 p.m.	CRC
517105-G	Sa	8:45-9:30 a.m.	CRC

### ■ TUMBLETOT 1 | AGES 3-4½ (based on age, not ability)

This class is 45-minutes of structured activity that incorporates cognitive skills through the use of colors, letters and counting. Children will learn to follow instruction, a circuit and practice waiting for a turn **without** a parent by their side. These skills will be acquired while doing the basics of gymnastics.

#### **ONCE PER WEEK | Fees: \$31.25R/\$37.50NR (5-weeks); \$43.75R/\$52.50NR (7-weeks)**

517110-A	Mo	10-10:45 a.m.	CRC
517110-B	Tu	10-10:45 a.m.	CRC
517110-L	Tu	4-4:45 p.m.	CRC
517110-C	We	10-10:45 a.m.	CRC
517110-D	Th	10-10:45 a.m.	CRC
517110-P	Th	4-4:45 p.m.	CRC
517110-F	Fr	10-10:45 a.m.	CRC
517110-G	Sa	9:45-10:30 a.m.	CRC

## ■ TUMBLETOT 2 | AGES 4-5½ (based on age, not ability)

Learn new skills and master old skills. Combinations and skill sequencing will make the class more challenging. This class is 50-minutes of structured activity including quizzes on the names of gymnastics skills and positions.

### ONCE PER WEEK | Fees: \$31.25R/\$37.50NR (5-weeks); \$43.75R/\$52.50NR (7-weeks)

517120-A	Mo	11-11:50 a.m.	CRC
517120-B	Tu	11-11:50 a.m.	CRC
517120-L	Tu	4-4:50 p.m.	CRC
517120-C	We	11-11:50 a.m.	CRC
517120-D	Th	11-11:50 a.m.	CRC
517120-P	Th	4-4:50 p.m.	CRC
517120-F	Fr	11-11:50 a.m.	CRC
517120-G	Sa	10:40-11:30 a.m.	CRC

## ■ PRE-BEGINNER | AGES 5-6½ (based on age & not ability, no pre-requisite)

This 50-minute class will prepare your young gymnast for a “big boys or girls” beginner Level 1 class. Circuits will be similar to those used in Tumbletot; however, a change in mat size and height will make the skill progressions more challenging.

### ONCE PER WEEK | Fees: \$36.25R/\$43.75NR (5-weeks); \$50.75R/\$61.25NR (7-weeks)

517125-K	Mo	4-4:50 p.m.	CRC
517125-M	We	4-4:50 p.m.	CRC
517125-F	Fr	11-11:50 a.m.	CRC
517125-G	Sa	11:40 a.m.-12:30 p.m.	CRC

## ■ GIRLS LEVEL 1 | AGES 6+

In this beginner level class, gymnasts will learn skills on the four Olympic events: Vault, Bars, Beam and Floor Exercise. Students are expected to learn the names of the skills they practice and will be tested on their ability to perform them. Several sessions at this level may be necessary to meet the requirements for Level 2.

### ONCE PER WEEK | Fees: \$36.25R/\$43.78NR (5-weeks); \$50.75R/\$61.25NR (7-weeks)

517130-G	Sa	12:45-1:45 p.m.	CRC
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### TWICE PER WEEK | Fees: \$72.50R/\$87.50NR (5-weeks); \$101.50R/\$122.50NR (7-weeks)

517130-H	Mo/We	4:30-5:30 p.m.	CRC
517130-J	Tu/Th	4:30-5:30 p.m.	CRC

## ■ GIRLS LEVEL 2

This class is for gymnasts who have passed Level 1 by mastering the very basics of gymnastics. The curriculum focuses on the development of strength to help the gymnast perform more challenging skills. Gymnasts will be tested and MUST have a pull-over on bars to advance to Level 3. Several sessions at this level will be necessary to build the strength and skill consistency for Level 3.

### ONCE PER WEEK | Fees: \$36.25R/\$43.78NR (5-weeks); \$50.75R/\$61.25NR (7-weeks)

517140-G	Sa	1:45-2:45 p.m.	CRC
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### TWICE PER WEEK | Fees: \$72.50R/\$87.50NR (5-weeks); \$101.50R/\$122.50NR (7-weeks)

517140-H	Mo/We	5-6 p.m.	CRC
517140-J	Tu/Th	5-6 p.m.	CRC

### ■ GIRLS LEVEL 3

This class is 1½ hours long and **gymnasts are REQUIRED to wear a leotard**. Continued development of strength and flexibility are key to perform skills properly at this level. It takes multiple **consecutive** sessions in Level 3 to meet the requirements to advance to Pre-Team.

**TWICE PER WEEK | Fees: \$95R/\$115NR (5-weeks); \$133R/\$161NR (7-weeks)**

517150-H	Mo/We	5:30-7 p.m.	CRC
517150-J	Tu/Th	5:30-7 p.m.	CRC

### ■ GIRLS PRE-TEAM

This 1½ hour class concentrates on the skills and combinations necessary to compete with the CARA Team. Gymnasts may begin to learn basic routines and typically need an entire year at this level to prepare for team. **Gymnasts are REQUIRED to wear a leotard at this level.**

**TWICE PER WEEK | Fees: \$95R/\$115NR (5-weeks); \$133R/\$161NR (7-weeks)**

517160-H	Mo/We	6-7:30 p.m.	CRC
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### ■ BOYS LEVEL 1 | AGES 6+

Boys will learn skills on the six Olympic events: Vault, High Bar, Pommel Horse, Parallel Bars, Rings and Floor Exercise. Students are expected to learn the names of the skills they practice and will be tested on their ability to perform them. Several sessions at this level may be necessary to meet the requirements to advance.

**TWICE PER WEEK | Fees: \$72.50R/\$87.50NR (5-weeks); \$101.50R/\$122.50NR (7-weeks)**

517135-J	Tu/Th	5:15-6:15 p.m.	CRC
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### ■ TEAM GYMNASTICS

Contact Gymnastics Specialist, Susan Ludwig, [susan.ludwig@ThorntonCO.gov](mailto:susan.ludwig@ThorntonCO.gov) or 720-977-5935.

### ■ PRIVATE LESSONS

Private gymnastics lessons are available at the Carpenter Recreation Center and are designed to address the specific needs of the gymnast. Private lesson day and times are arranged between the gymnast and the instructor. It takes a minimum of two weeks to schedule your first private lesson. Participants of all ages and abilities are welcome. Please check with an instructor to determine which package to purchase below.

#### **REGULAR PRIVATE LESSONS (30-minute sessions)**

Fees: \$20R/\$23NR for one session

Fees: \$54R/\$65NR for three sessions

#### **TEAM PRIVATE LESSONS (60-minute sessions)**

Fees: \$40R/\$48NR for one session

Fees: \$108R/\$130NR for three sessions



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