

CRC GYMNASTICS PROGRAM



GYMNASTICS

Carpenter Recreation Center
303-255-7800

Registration

November 16: Thornton Residents
November 17: Nonresidents

Session 1

Mo Jan. 2-Feb. 6
Tu Jan. 3-Feb. 7
We Jan. 4-Feb. 8
Th Jan. 5-Feb. 9
Fr Jan. 6-Feb. 10
Sa Jan. 7-Feb. 11

Session 2 (5-week session*)

Mo Feb. 20-Mar. 19
Tu Feb. 21-Mar. 20
We Feb. 22-Mar. 21
Th Feb. 23-Mar. 22
Fr Feb. 24-Mar. 23
Sa Feb. 25-Mar. 24

Session 3

Mo Apr. 2-May 7
Tu Apr. 3-May 8
We Apr. 4-May 9
Th Apr. 5-May 10
Fr Apr. 6-May 11
Sa* Apr. 7-May 11

*No classes May 12 (9Health Fair)

Fees

- Wee Ones and Little Explorers \$24R/\$30NR (*\$20R/\$25NR)
- Tumbletots I and II \$26R/\$32NR (*\$22R/\$27NR)
- Pre-Beginner, Beginner and Advanced Beginner (girls and boys) \$32R/\$38NR (*\$27R/\$32NR)
- Intermediate, Pre-Team \$43R/\$51NR (*\$36R/\$43NR)
- Tumbling \$32R/\$38NR (*\$27R/\$32NR)
- High School Gymnastics \$38R/\$46NR per month
- Private Lessons \$20R/\$23NR per 30-minute session or \$54R/\$65NR for three 30-minute sessions.

TOT GYMNASTICS

Parents are required to participate. Please make separate arrangements for infants and other children. Infants allowed on the floor in papoose holders only.

WEE ONES

AGES WALKING-24 MONTHS

This class provides 30 minutes of structured activity and 15 minutes of free time.

117100-C	Tu	10-10:45 a.m.
117100-E	We	9-9:45 a.m.
117100-I	Fr	9-9:45 a.m.

LITTLE EXPLORERS

24 MONTHS-3½ YEARS

This class prepares your child to attend a gymnastics class on his or her own. It provides 40 minutes of structured activity and five minutes of free time.

117105-A	Mo	5:05-5:50 p.m.
117105-E	We	10-10:45 a.m.
117105-G	Th	10-10:45 a.m.
117105-K	Sa	10-10:45 a.m.

TUMBLETOTS I

AGES 3-4½

Children will learn the basics of gymnastics without the assistance of their parents.

117110-A	Mo	9-9:45 a.m.
117110-C	Tu	9-9:45 a.m.
117110-D	Tu	4-4:45 p.m.
117110-E	We	4-4:45 p.m.
117110-G	Th	9-9:45 a.m.
117110-H	Th	4-4:45 p.m.
117110-I	Fr	10-10:45 a.m.
117110-K	Sa	9-9:45 a.m.

OPEN GYM

F.L.I.P. (Fun Learning Independent Practice)

Ages 6 and up Fridays, 6:30-8 p.m.

Practice skills to move up or just play on the equipment you don't use during class. Bring your neighbors and friends. Space is limited. Sign up begins at 6 p.m. and participants must be present. No parents will be allowed on the floor. Drop-in Fee: \$4R/\$5NR

TUMBLING-N-TOTS

Ages 5 and under Monday and Wednesday, 11 a.m.-12 p.m.

A fun Tiny Tots Gymnastics open gym time! Sign up begins at 10:30 a.m. and participants must be present. Parents are required to participate with their child during this free time. Please make other arrangements for children over the age of five. One adult per every three children is required. Drop-in Fees: \$2R/\$3NR

PREFERRED ATTIRE

- Long hair must be pulled back.
- No jewelry.
- Bare feet please. No socks, tights must be footless.
- Girls – please wear a leotard.
- Boys – athletic wear, T-shirt and shorts (with elastic waist band).

TUMBLETOTS II

AGES 4-5½

This is a slightly more challenging class. Children will be combining gymnastics movements learned in Tumbletots I.

117120-A	Mo	10-10:50 a.m.
117120-C	Tu	11-11:50 a.m.
117120-D	Tu	4:30-5:20 p.m.
117120-E	We	4-4:50 p.m.
117120-G	Th	11-11:50 a.m.
117120-H	Th	4:30-5:20 p.m.
117120-I	Fr	4-4:50 p.m.
117120-K	Sa	11-11:50 a.m.

PRE-BEGINNER

AGES 5-6½

This class is to prepare your young gymnast for a "big boys and girls" class. Larger and/or no mats are used making the skill progressions more challenging.

117125-A	Mo	4-4:55 p.m.
117125-C	Tu	4:30-5:25 p.m.
117125-D	Tu	5:30-6:25 p.m.
117125-E	We	5-5:55 p.m.
117125-G	Th	4:30-5:25 p.m.
117125-I	Fr	11-11:55 a.m.
117125-K	Sa	11-11:55 a.m.

GIRLS GYMNASTICS

AGES 6-18

All gymnasts must start in the Beginner level and must pass testing to advance to the next level or have the approval of the Gymnastics Specialist.

BEGINNER

117130-A	Mo	4-5 p.m.
117130-C	Tu	4:30-5:30 p.m.
117130-D	Tu	5:30-6:30 p.m.
117130-E	We	5-6 p.m.
117130-G	Th	4:30-5:30 p.m.
117130-H	Th	5:30-6:30 p.m.
117130-K	Sa	12-1 p.m.
117130-L	Sa	1-2 p.m.

ADVANCED BEGINNER

117140-A	Mo	4-5 p.m.
117140-C	Tu	4:30-5:30 p.m.
117140-G	Th	4:30-5:30 p.m.
117140-I	Fr	4:30-5:30 p.m.
117140-K	Sa	12-1 p.m.
117140-L	Sa	1-2 p.m.

INTERMEDIATE

Gymnasts at this level should consider attending two times per week.

117150-A	Mo	6-7:30 p.m.
117150-C	Tu	5:30-7 p.m.
117150-G	Th	5:30-7 p.m.
117150-I	Fr	5-6:30 p.m.

PRE-TEAM

This 1½-hour class concentrates on the skills necessary to compete with the CARA team. Pre-Team gymnasts are strongly encouraged to attend two times per week in preparation for team hours.

117160-A	Mo	6-7:30 p.m.
117160-E	We	5:30-7 p.m.
117160-I	Fr	5-6:30 p.m.

BOYS GYMNASTICS

AGES 6-14

These classes teach progressive skills on vault, parallel bars, high bar, floor, rings and pommel horse.

BEGINNER

117135-C	Tu	5:30-6:30 p.m.
117135-G	Th	5:30-6:30 p.m.
117135-K	Sa	12-1 p.m.

ADVANCED BEGINNER

117145-G	Th	6:30-7:30 p.m.
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INTERMEDIATE

117155-C	Tu	6:30-8 p.m.
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**YOUTH & TEEN
MUSIC INSTRUCTION**
SEE PAGE 20 FOR DETAILS

CARA GYMNASTICS

Ages 7-18

The City of Thornton participates with the Colorado Association of Recreational Athletics (C.A.R.A.) which offers a recreational based competitive gymnastics league. The training and skill development is a year-round program, and gymnasts will compete with others from around the state during the competitive season (May through July). The lowest competitive level is Compulsory Level IV and the highest competitive level is Optional Level 4. This is an ongoing program through out the year. Registration and payments are based on two seasons: Competitive and Practice. Payment is due monthly.

Practice Season: August-April
Monthly Fees: \$64R/\$77NR

Competitive Season: May-July
Monthly Fees: \$75R/\$90NR

LEVEL	SEASON	DAYS & TIMES	ACTIVITY #
Compulsory IV	Competitive	Tu/Th, 5:30-7:30 p.m.	917180-A
Compulsory IV	Practice	Tu/Th, 5:30-7:30 p.m.	917180-B
Compulsory V	Competitive	Mo, 6-8 p.m./We, 5:30-7:30 p.m.	917190-A
Compulsory V	Practice	Mo, 6-8 p.m./We, 5:30-7:30 p.m.	917190-B
Optionals	Competitive	Tu/Th, 7-9 p.m.	917195-A
Optionals	Practice	Tu/Th, 7-9 p.m.	917195-B

SPECIALTY CLASSES

TUMBLING This class develops gymnastics skills using the spring floor and tumble trampoline. Great for cheerleaders or any child who wants to improve their tumbling skills specifically. Fees: \$32R/\$38NR. (*\$27R/\$23NR)

117170-I1	Jan. 6-Feb. 10	Fr	5-6 p.m.
117170-I2	Feb. 24-Mar. 23	Fr	5-6 p.m. *5-week session
117170-I3	Apr. 6-May 11	Fr	5-6 p.m.

HIGH SCHOOL GYMNASTICS Specially designed for the high school gymnast who wants to maintain or learn new skills during the off-season. Monthly Fees: \$38R/\$46NR.

117180-E1	January 4-25	We	7-9 p.m.
117180-E2	February 1-29	We	7-9 p.m.
117180-E3	March 7-21	We	7-9 p.m. *No class March 28 for Spring Break
117180-E4	April 4-25	We	7-9 p.m.

PRIVATE LESSONS Private gymnastics lessons are available at the Recreation Center and are designed to address the specific needs of the gymnast. Sessions are 30 minutes, one-on-one with the instructor. Private lesson days and times are arranged between the gymnast and the instructor. Participants of all ages and abilities are welcome.

Call the Gymnastics Specialist, Susan Ludwig at 720-977-5935, for more information. Fees: \$20R/\$23NR per 30 minute session \$54R/\$65NR three 30 minute sessions



GYMNASTICS ROOM RENTAL

Do you teach a cheerleading, karate or self-defense class but you need somewhere to practice safely? The Carpenter Recreation Center has the perfect solution. Rent our gymnastics room where you will have full use of our spring floor and soft landing mats. For more information, call Leonard Schell at 720-977-5960.