

CRC GYMNASTICS PROGRAM

GIRLS GYMNASTICS

AGES 6-18

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

BEGINNER

417130A	Mo	4-5 p.m.
417130C	Tu	4:30-5:30 p.m.
417130D	Tu	5:30-6:30 p.m.
417130E	We	5-6 p.m.
417130G	Th	4:30-5:30 p.m.
417130H	Th	5:30-6:30 p.m.
417130K	Sa	12-1 p.m.
417130L	Sa	1-2 p.m.

ADVANCED BEGINNER

417140A	Mo	4-5 p.m.
417140C	Tu	4:30-5:30 p.m.
417140G	Th	4:30-5:30 p.m.
417140I	Fr	4:30-5:30 p.m.
417140K	Sa	12-1 p.m.
417140L	Sa	1-2 p.m.

INTERMEDIATE

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

417150A	Mo	6-7:30 p.m.
417150C	Tu	5:30-7 p.m.
417150G	Th	5:30-7 p.m.
417150I	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.

417160A	Mo	6-7:30 p.m.
417160E	We	5:30-7 p.m.
417160I	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

417170C	Tu	5:30-6:30 p.m.
417170G	Th	5:30-6:30 p.m.
417170K	Sa	12-1 p.m.

ADVANCED BEGINNER

417175G	Th	6:30-7:30 p.m.
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INTERMEDIATE

417177C	Tu	6:30-8 p.m.
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CARA GYMNASTICS

Ages 7-18

The Colorado Association of Recreational Athletics (CARA) 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 IV. This is an ongoing program throughout the year. Registration and payments are based on two seasons: Practice and Competitive. 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.	917180A
	Practice	Tu/Th, 5:30-7:30 p.m.	917180B
Compulsory V	Competitive	Mo, 6-8 p.m./We, 5:30-7:30 p.m.	917190A
	Practice	Mo, 6-8 p.m./We, 5:30-7:30 p.m.	917190B
Optionals	Competitive	Tu/Th, 7-9 p.m.	917195A
	Practice	Tu/Th, 7-9 p.m.	917195B

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. Cost: \$32R/\$38NR.

417165I1	Sep. 9-Oct.14	Fr	5-6 p.m.
417165I2	Oct. 21-Nov. 18	Fr	5-6 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 day 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.