



# TEAM GYMNASTICS

FALL 2023

QUICK

WHERE ..... Legacy Center East Gym  
 WHEN ..... Monthly Program  
 FEES ..... Fees dependent on class length and days per week (see fee schedule).

## TEAM/PRE-TEAM SCHEDULE

LEVEL	DAY	TIME
All Stars	Tuesday & Thursday	3:45-5:15 p.m.
Boys level 2	Tuesday	5:15-6:45 p.m.
Boys Team Beg.	Monday	3:45-5:45 p.m.
Boys Team L3	Monday, Wednesday, Friday	3:45-5:45 p.m.
Boys Team L3/ 4	Monday	3:45-5:45 p.m.
	Wednesday/Friday	3:45-6:45 p.m.
Girls level 3 (1 days)	Tuesday or Thursday	5:15-6:45 p.m.
Girls level 3 (2 day)	Tuesday and Thursday	5:15-6:45 p.m.
Hot Shots	Monday & Wednesday	3:45-5:15 p.m.
Mini Hot Shots	Monday & Wednesday	2:30-3:45 p.m.
Team - Bronze/Silver	Tuesday/Thursday	5:15-6:45 p.m.
Team Silver/Gold	Monday/Wednesday	3:45-6:45 p.m.
Team Gold/Platinum	Monday/Wednesday/Friday	3:45-6:45 p.m.

## MONTHLY FEE SCHEDULE

CLASS	HOURS	RESIDENT FEE	NON RESIDENT FEE
Boys L2, Girls L3- 1 day	1.5	\$58	\$70
Boys Beg. Team	2	\$69	\$83
Mini Hot Shots	2.5	\$85	\$102
Girls L3- 2 day, Hot Shots, All Stars, Bronze/Silver	3	\$99	\$119
Silver/Gold M/W, Boys Team L3	6	\$147	\$176
Boys Team L3/4	8	\$174	\$209
Gold/Platinum	9	\$197	\$236

## REGISTRATION

For current students, a balance is created each month and must be paid online by the 20th to secure a spot for the next month. Balances not paid will be taken off your account and you will lose your guaranteed spot. There is still an opportunity to register by going into the registration office. You will be limited to classes with available space. Visit the Registration Office during normal business hours.

## MORE INFORMATION

**Classes are Monthly:**

**No classes: Aug. 14-19, Sept. 4, Oct. 26, 27, 31, Nov. 22-25, Dec. 23, 25-30**

(Other dates may be announced).

**Additional assessment fee for girls competing. See coach for details.**

LEHI LEGACY CENTER  
 123 North Center Street  
 385.201.2000

[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



REGISTRATION HOURS  
 Monday-Friday  
 8 a.m. to 6 p.m.  
 or register online.

# Pre-Team and Team Information

## Pre-Team (Mini Hotshots, Hotshots, All Stars)-Tryout team or invitation of pre-team coach

We have two pathways for our gymnasts at Legacy Gymnastics. The first is recreational gymnastics, in which the gymnast starts at level 1. When the level 1 skills are mastered, the gymnast moves on to level 2 and then 3. The other pathway is Pre-Team. Pre-Team is organized by age, with Mini Hotshots, Hotshots, and All Stars. These Pre-Team classes are similar to the recreational classes, but are more advanced. Pre-Team is a fast track to get to the Competitive team, although gymnasts in Pre-Team are not required to go to team.

Benefits of Pre-Team gymnastics (as compared to recreational gymnastics) include faster skill improvement, more rapid increase in strength and flexibility, higher-trained coaches, and the ability for gymnasts to be part of a fun team.

Try-outs for Pre-Team are held in April. Pre-team does have a larger time commitment than recreational gymnastics, as Pre-Team classes are two days a week instead of one. Other than gymnastics class twice a week and one showcase a year (usually in May), there is no outside time commitment. There is a fee for a Pre-team leotard that you buy for the showcase.

## Girls Program

**Girls Level 3 classes** will focus on more advanced fundamentals with emphasis on form and technique. Students will also complete flexibility and strengthening exercises for the conditioning required to complete skills safely. **These classes must have a placement evaluation or coach recommendation and a transfer form is needed to register.**

## Girls Competitive Team Information

After your gymnast has mastered all of the Pre-team or level 3 skills, they can try out for our Competitive Team. Tryouts are held once a year in April. Once they have made the team, they can choose to compete in either the Compulsory Program, the Xcel Program or both. Below is an explanation of both programs.

Both programs practice together, every Monday and Wednesday, however, if you are only interested in the Xcel competition we do offer an Xcel only team practice on Tuesdays and Thursdays.

## Xcel Program

Like Compulsories, Xcel also has levels. These levels, going from beginning to advanced, are: Bronze, Silver, Gold, Platinum, and Diamond. The Pre-Team level of All Stars is equivalent to the Bronze level of Xcel. Gymnasts moving from All Stars into Xcel would first compete in Bronze. After the competition season, they could move up to Silver, based on their skill level at that time. In Xcel, gymnasts (with guidance from coaches) are able to choose the skills they would like to compete. Girls have their own routines that are unique to them, and they chose their own music for their floor routine. Xcel is much more flexible than Compulsories; gymnasts compete with the skills they are more confident in. Competition season for Xcel is usually December through April.

## Boys Program

**Boys Level 2** will focus on more advanced fundamentals with emphasis on form and technique. Students will also complete flexibility and strengthening exercises for the conditioning required to complete skills safely. **This class must have a placement evaluation or coach recommendation and a transfer form to register.**

## Boys Competitive Team Information

If you would like your son to participate in the compulsory program, he will start at Level 3, where they compete against other Level 3 gymnastics teams in the state of Utah. All gymnasts learn the same routines for competition. Once the competition season has ended, and the gymnast has received a specific All-Around score for the season the gymnast can then move up to the Level 4 team. Competition season is usually January through April.

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