



LEARN THE BASICS

Beginning level classes focus on movement



Registration for parent-taught and pre-gymnastics starts Dec. 5 for Residents, Dec. 7 for Non-residents.

Parent-Taught

Explore the exciting world of gymnastics. You and your child learn the basics, how to tumble and move with fun activities using wedge mats, dancing, an obstacle course and more. Ages 2-4 and parent

Tue	1/10-2/21	9:30-10:15 a.m.
2101.101	by 1/3	\$26/\$36
	on 1/4	\$36/\$46
Sat	1/14-2/25	9-9:45 a.m.
2101.102	by 1/3	\$26/\$36
	on 1/4	\$36/\$46
Tue	3/14-4/25	9:30-10:15 a.m.
2102.101	by 3/7	\$26/\$36
	on 3/8	\$36/\$46
Sat	3/18-4/29	9-9:45 a.m.
2102.102	by 3/7	\$26/\$36
	on 3/8	\$36/\$46

Pre-Gymnastics

Instructors introduce children to basic gymnastics using all types of equipment in this coed class. Boys and girls will explore how their bodies move using songs, balls and parachutes. This class helps children improve coordination, motor skills, self-confidence and listening skills. Ages 4-5

Tue	1/10-2/21	10:30-11:15 a.m.
2201.101	by 1/3	\$26/\$36
	on 1/4	\$36/\$46
Sat	1/14-2/25	10-10:45 a.m.
2201.102	by 1/3	\$26/\$36
	on 1/4	\$36/\$46
Sat	1/14-2/25	11-11:45 a.m.
2201.103	by 1/3	\$26/\$36
	on 1/4	\$36/\$46
Tue	3/14-4/25	10:30-11:15 a.m.
2202.101	by 3/7	\$26/\$36
	on 3/8	\$36/\$46
Sat	3/18-4/29	10-10:45 a.m.
2202.102	by 3/7	\$26/\$36
	on 3/8	\$36/\$46
Sat	3/18-4/29	11-11:45 a.m.
2202.103	by 3/7	\$26/\$36
	on 3/8	\$36/\$46

Beginning Gymnastics

This class helps youth develop sound mechanical skills, coordination and strength. Gymnasts receive basic instruction in tumbling and all gymnastic apparatus. Ages 6-17

Mon	1/9-2/20	4:30-5:30 p.m.
2301.101	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Mon	1/9-2/20	5:30-6:30 p.m.
2301.102	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Wed	1/11-2/22	4:30-5:30 p.m.
2301.103	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Wed	1/11-2/22	6:30-7:30 p.m.
2301.104	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Wed	1/11-2/22	7:30-8:30 p.m.
2301.106	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Sat	1/14-2/25	Noon-1 p.m.
2301.105	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Mon	3/13-4/24	4:30-5:30 p.m.
2302.101	by 3/7	\$29/\$39
	on 3/8	\$39/\$49
Mon	3/13-4/24	5:30-6:30 p.m.
2302.102	by 3/7	\$29/\$39
	on 3/8	\$39/\$49
Wed	3/15-4/26	4:30-5:30 p.m.
2302.103	by 3/7	\$29/\$39
	on 3/8	\$39/\$49
Wed	3/15-4/26	6:30-7:30 p.m.
2302.104	by 3/7	\$29/\$39
	on 3/8	\$39/\$49
Wed	3/15-4/26	7:30-8:30 p.m.
2301.106	by 3/7	\$29/\$39
	on 3/8	\$39/\$49
Sat	3/18-4/29	Noon-1 p.m.
2302.105	by 3/7	\$29/\$39
	on 3/8	\$39/\$49

Early registration for beginning, advanced beginning and intermediate class levels starts **Dec. 19 for residents and Dec. 21 for non-residents** for session 1, ending on Jan. 3. Starting Jan. 4, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. **Session 2 early registration opens Feb. 27 for residents and Mar. 1 for non-residents**, ending on Mar. 7. Starting on Mar. 8, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted class rates.



Advanced Beginning Gymnastics

Builds on skills mastered in introductory level instruction and progresses to more difficult tricks. This class emphasizes form, body position and skill connection. Participants must have instructor approval to register. Ages 6-17

Mon	1/9-2/20	4:30-5:30 p.m.
2311.104	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Mon	1/9-2/20	6:30-7:30 p.m.
2311.101	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Wed	1/11-2/22	5:30-6:30 p.m.
2311.103	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Sat	1/14-2/25	Noon-1 p.m.
2311.102	by 1/3	\$29/\$39
	on 1/4	\$39/\$49
Mon	3/13-4/24	4:30-5:30 p.m.
2312.104	by 3/7	\$29/\$39
	on 3/8	\$39/\$49
Mon	3/13-4/24	6:30-7:30 p.m.
2312.101	by 3/7	\$29/\$39
	on 3/8	\$39/\$49
Wed	3/15-4/26	5:30-6:30 p.m.
2312.103	by 3/7	\$29/\$39
	on 3/8	\$39/\$49
Sat	3/18-4/29	Noon-1 p.m.
2312.102	by 3/7	\$29/\$39
	on 3/8	\$39/\$49

Intermediate Gymnastics

This class level offers new challenges with more advanced teaching on high beams and porta-pit drills. Gymnasts continue to build self-confidence in a safe and fun environment. Participants must be able to demonstrate mastery of beginning-level skills and have instructor's approval to move up to the intermediate level. Ages 6-17

Mon	1/9-2/20	6-7:30 p.m.
2321.101	by 1/3	\$32/\$42
	on 1/4	\$42/\$52
Wed	1/11-2/22	6-7:30 p.m.
2321.102	by 1/3	\$32/\$42
	on 1/4	\$42/\$52
Mon	3/13-4/24	6-7:30 p.m.
2322.101	by 3/7	\$32/\$42
	on 3/8	\$42/\$52
Wed	3/15-4/26	6-7:30 p.m.
2322.102	by 3/7	\$32/\$42
	on 3/8	\$42/\$52

What to wear and lesson information

Clothing

Girls should wear leotards and spandex shorts, boys and all children ages 2-4 should wear sweat pants and t-shirt. Participants should tie long hair in a ponytail. No jewelry.

Private lessons

Excel in the sport of gymnastics with one-on-one instruction from a top coach. Class days and times are arranged between the student and the instructor. Participants of all ages and ability levels are welcome. To register for private lessons, call 303-289-3789.

30-minute private lesson (1 person) \$20/\$30

One-hour private lesson (1 person) \$34/\$44

One-hour semi-private lesson (up to 3 people) \$42/\$52



CARA TEAMS OFFER CHANCE TO COMPETE IN GYMNASTICS



Registration for all CARA team level programs start **December 5**. There is an additional \$10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.

CARA Girls Gymnastics Team Level 2

This pre-competitive program is designed to prepare gymnasts for competition. Participants will learn how to perform back walkovers, cartwheels on beam and proper technique for a handspring vault. After mastering skills, participants will memorize combinations to form routines. Must have instructor approval to register. Ages 6-17

Tue	1/3-1/31	5:30-7:30 p.m.
2441.101	by 12/28	\$37/\$47
(5 weeks)	on 12/29	\$47/\$57
Thu	1/5-1/26	5:30-7:30 p.m.
244.202	by 12/30	\$30/\$40
(4 weeks)	on 12/31	\$40/\$50
Tue	2/7-2/28	5:30-7:30 p.m.
2442.101	by 2/1	\$30/\$40
(4 weeks)	on 2/2	\$40/\$50
Thu	2/2-2/26	5:30-7:30 p.m.
2442.102	by 1/27	\$30/\$40
(4 weeks)	on 1/28	\$40/\$50
Tue	3/7-3/28	5:30-7:30 p.m.
2443.101	by 3/1	\$30/\$40
(4 weeks)	on 3/2	\$40/\$50
Thu	3/2-3/30	5:30-7:30 p.m.
2443.102	by 2/24	\$37/\$47
(5 weeks)	on 2/25	\$47/\$57
Tue	4/4-4/25	5:30-7:30 p.m.
2444.101	by 3/29	\$30/\$40
(4 weeks)	on 3/30	\$40/\$50
Thu	4/6-4/27	5:30-7:30 p.m.
2444.102	by 3/31	\$30/\$40
(4 weeks)	on 4/1	\$40/\$50

CARA Girls Gymnastics Team Compulsory Level 3 and 4

Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting. Ages 6-17

Tue/Thu	1/3-1/31	5:30-7:30 p.m.
2401.101	by 12/28	\$87/\$97
	on 12/29	\$97/\$107
Tue/Thu	2/2-2/28	5:30-7:30 p.m.
2402.101	by 1/27	\$80/\$90
	on 1/28	\$90/\$100
Tue/Thu	3/2-3/30	5:30-7:30 p.m.
2403.101	by 2/24	\$87/\$97
	on 2/25	\$97/\$107
Tue/Thu	4/4-4/27	5:30-7:30 p.m.
2404.101	by 3/29	\$80/\$90
	on 3/30	\$90/\$100

CARA Girls Gymnastics Team Optional Levels

Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting. Ages 6-17

Tue/Thu	1/3-1/31	7:15-9:15 p.m.
2411.101	by 12/28	\$87/\$97
	on 12/29	\$97/\$107
Tue/Thu	2/2-2/28	7:15-9:15 p.m.
2412.101	by 1/27	\$80/\$90
	on 1/28	\$90/\$100
Tue/Thu	3/2-3/30	7:15-9:15 p.m.
2413.101	by 2/24	\$87/\$97
	on 2/25	\$97/\$107
Tue/Thu	4/4-4/27	7:15-9:15 p.m.
2414.101	by 3/29	\$80/\$90
	on 3/30	\$90/\$100

CARA Girls Gymnastics Team Elective Practice Level 3 and 4

Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting. Ages: 6-17

Fri	1/6-1/27	5:30-7:30 p.m.
2430.101	by 12/31	\$40/\$50
	on 1/1	\$50/\$60
Fri	2/3-2/24	5:30-7:30 p.m.
2432.101	by 1/28	\$57/\$67
	on 1/29	\$67/\$77
Fri	3/3-3/31	5:30-7:30 p.m.
2433.101	by 2/25	\$40/\$50
	on 2/26	\$50/\$60
Fri	4/7-4/28	5:30-7:30 p.m.
2434.101	by 4/1	\$40/\$50
	on 4/2	\$50/\$60

Optional Levels

Fri	1/6-1/27	7:15-9:15 p.m.
2430.101	by 12/31	\$40/\$50
	on 1/1	\$50/\$60
Fri	2/3-2/24	7:15-9:15 p.m.
2432.101	by 1/28	\$40/\$50
	on 1/29	\$50/\$60
Fri	3/3-3/31	7:15-9:15 p.m.
2433.101	by 2/25	\$57/\$67
	on 2/26	\$67/\$77
Fri	4/7-4/28	7:15-9:15 p.m.
2434.101	by 4/1	\$40/\$50
	on 4/2	\$50/\$60