arts | climbing | gymnastics | swimming | sports
spring break camps
Please see pages 45-46.

GYMNASTICS CLASSES

Information: 720.963.5384

Recommended Attire: Leotard (girls) or shorts and T-shirt and bare feet. Long hair must be pulled back away from face.

KANGAROOS (AGES 18 MOS.-3)

This class begins with 10 minutes of free play/gym exploration, and then the children (with a little help from a parent/caregiver) try out our gymnastics obstacle courses, which include a variety of child-sized gymnastics equipment, tunnels and activities. There should be one parent/caregiver per tot in this class.

TINY TUMBLERS (AGES 2 ½-4)

This class introduces toddlers to the concepts of following directions and being in a class all on their own! Children enjoy jumping, rolling and trying the gymnastics equipment. They progress towards navigating the entire gymnastics obstacle course.

LITTLE LEAPERS (AGES 4-5)

Children enjoy weekly themed activities, navigating gymnastics obstacle courses and learning basic skill progressions. Children begin to develop strength and agility while learning the basics of gymnastics in a fun environment.

KARTWHEEL KIDS (AGES 5-6)

This is a beginning gymnastics class and an introduction to basic tumbling and gymnastics skills. Students will be introduced to a progression of rolls, handstands and cartwheels along with basic beam, bar and vault skills using gymnastics equipment. No prior gymnastics experience is necessary for this class.

BRONZE FLIPS (AGES 7-12)

This is a beginning gymnastics class and an introduction to basic tumbling and gymnastics skills. Students will be introduced to a progression of rolls, handstands and cartwheels along with basic beam, bar and vault skills using gymnastics equipment. No prior gymnastics experience is necessary for this class.

SILVER FLIPS (AGES 7-12)

This is our level two gymnastics class for students working on tumbling and basic skills on the apparatus. Gymnasts should be able to successfully complete all skills learned in Bronze Flips in order to join this class.

CARA GOLD STARS (AGES 7-18)

This practice is for level four and up gymnasts who are exceptionally focused, strong, flexible and coordinated. Gymnasts will continue to develop skill progressions and learn CARA gymnastics routines in preparation for the 2014 CARA Gymnastics Season. Coach approval is required.

BOYS GYMNASTICS (AGES 5-12)

These all-boys gymnastics classes will help build strength and improve agility. Boys learn basic tumbling and use gymnastics apparatus including rings, bars and vault.

DROP-IN / OPEN GYM

Information: 720.963.5384

Recommended Attire: Leotard (girls) or shorts and T-shirt and bare feet. Long hair must be pulled back away from face.

DROP-IN TOTS IN ACTION (AGES WALKING-6)

Enjoy playing on various pieces of gymnastics equipment, sliding, ball play and twirling hoops. This is a drop-in class (no registration). For gym safety and the enjoyment of everyone, there is a maximum of 18 tots per session!

OPEN GYM, CARA GYMNASTICS/TUMBLING (AGES 7-18)

Work on individual tumbling and more advanced CARA skills and routines in a supervised, open gym setting. Practice on your own or request spotting assistance and pointers from one of the gymnastics coaches.

OPEN GYM, MSSP CHEER (AGES 13-15)

Work on cheer-specific skills in a supervised, open gym setting. Practice on your own and receive pointers from one of the coaches.

GYMNASTICS CLASSES & DROP-IN PROGRAMS

Session 1: Jan 13-Feb 8
Session 2: Feb 10-Mar 8
Session 3: Mar 10-Apr 12 (No classes Mar 24-29)
Session 4: Apr 14-May 10

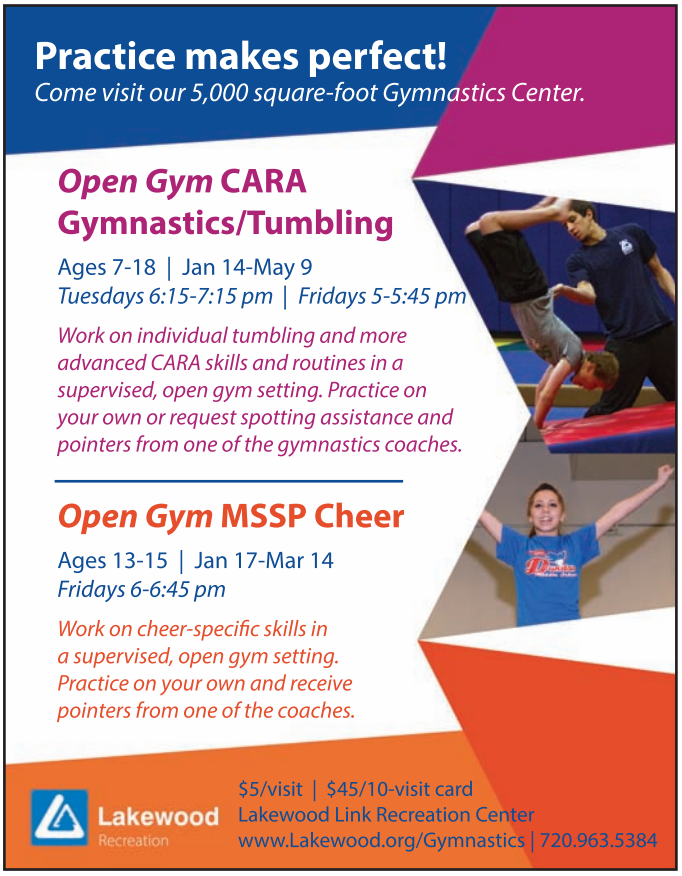
Information: 720.963.5384

All classes are held in the Gymnastics Center at the Lakewood Link Recreation Center.

$ Receive a $15 discount when you register for the season (all four sessions).

Class	Ages	Day	Time	Session 1	Session 2	Session 3	Session 4	Fees/session
Kangaroos (Parent/Tot)	18 mos.-3	Mon	10-10:45 am	126202-01	126202-04	126202-07	126202-10	$35 Res, $45 Nonres
		Wed	4:15-5 pm	126202-13	126202-14	126202-15	126202-16	
		Thu	10-10:45 am	126202-02	126202-05	126202-08	126202-11	
		Fri	11-11:45 am	126202-03	126202-06	126202-09	126202-12	
Tiny Tumblers	2 ½-4	Mon	noon-12:45 pm	126204-19	126204-23	126204-27	126204-31	$35 Res, $45 Nonres
		Tue	10-10:45 am	126203-01	126203-05	126203-09	126203-13	
		Tue	4:15-5 pm	126203-17	126203-18	126203-19	126203-20	
		Wed	10-10:45 am	126203-02	126203-06	126203-10	126203-14	
		Thu	11-11:45 am	126203-03	126203-07	126203-11	126203-15	
		Sat	10-10:45 am	126203-04	126203-08	126203-12	126203-16	
Little Leapers	4-5	Tue	11-11:45 am	126302-01	126302-06	126302-11	126302-16	$35 Res, $45 Nonres
		Wed	Noon-12:45 pm	126302-02	126302-07	126302-12	126302-17	
		Thu	6:30-7:15 pm	126302-03	126302-08	126302-13	126302-18	
		Fri	10-10:45 am	126302-04	126302-09	126302-14	126302-19	
		Sat	Noon-12:45 pm	126302-05	126302-10	126302-15	126302-20	
Kartwheel Kids	5-6	Mon	6:15-7 pm	126301-01	126301-06	126301-11	126301-16	$35 Res, $45 Nonres
		Thu	4:15-5 pm	126301-03	126301-08	126301-13	126301-18	
		Thu	6:30-7:15 pm	126301-04	126301-09	126301-14	126301-19	
		Sat	Noon-12:45 pm	126301-05	126301-10	126301-15	126301-20	
Bronze Flips	7-12	Mon	5:15-6:10 pm	126407-01	126407-06	126407-11	126407-16	$39 Res, $55 Nonres
		Thu	5:15-6:10 pm	126407-05	126407-10	126407-15	126407-20	
		Sat	11-11:55 am	126407-21	126407-22	126407-23	126407-24	
Silver Flips	7-12	Mon	5:15-6:10 pm	126403-01	126403-03	126403-05	126403-07	$39 Res, $55 Nonres
		Thu	5:15-6:10 pm	126403-10	126403-12	126403-14	126403-16	
		Sat	11-11:55 am	126403-17	126403-18	126403-19	126403-20	
CARA Gold Stars	7-18	Mon,Wed	6:15-8:15 pm	126406-01	126406-02	126406-03	126406-04	$79 Res, $99 Nonres
Boys Gymnastics	5-6	Tue	5:15-6:10 pm	126405-01	126405-03	126405-05	126405-07	$39 Res, $55 Nonres
	7-12	Tue	5:15-6:10 pm	126405-02	126405-04	126405-06	126405-08	

DROP-IN						
	Tots in Action	Walking to 6	Tue-Sat	9-9:45 am	Ongoing (Except Mar 24-29)	$5/visit $45/10-visit card
			Mon,Wed	11-11:45 am		
			Fri	noon-12:45 pm		
		NEW!	Mon	4:15-5 pm		
	Open Gym CARA/Tumbling	7-18	Tue	6:15-7:15 pm	Jan 14-May 9	$5/visit $45/10-visit card
			Fri	5-5:45 pm		
	Open Gym MSSP Cheer	13-15	Fri	6-6:45 pm	Jan 17-Mar 14	$5/visit $45/10-visit card



CHEERLEADING

Information: 720.963.5384

Recommended Attire: Non-slip shorts, T-shirt or tank and white, lightweight supportive cheerleading shoes. Long hair must be pulled back away from face.

CHEERLEADING

Join this team and support the Lakewood Recreation youth sports teams on various Saturdays throughout the season. Practices prepare participants to perform cheers and routines that consist of tumbling, stunting and using pom poms on game days. Team uniform will be provided.

Ages: 5-12
$99 Resident, $125 Nonresident

Ages	Activity #	Date	Day	Time	Loc
5-7	126001-01	Jan 15-Mar 8	Wed,Sat	5:15-6:15 pm	LINK
5-7	126001-02	Mar 19-May 17	Wed,Sat	5:15-6:15 pm	LINK
7-9	126002-01	Jan 15-Mar 8	Wed,Sat	6:15-7:15 pm	LINK
7-9	126002-02	Mar 19-May 17	Wed,Sat	6:15-7:15 pm	LINK
10-12	126003-01	Jan 15-Mar 8	Wed,Sat	6:15-7:15 pm	LINK
10-12	126003-02	Mar 19-May 17	Wed,Sat	6:15-7:15 pm	LINK

(No class Mar 26)

INCLUSION AND ACCESSIBILITY SERVICES

Lakewood Recreation welcomes individuals of all ages and abilities into our programs and activities. Individuals with disabilities are welcome to register for any recreation class or program. If you need assistance, please call 303.987.4869, TDD 303.987.4862.

We provide interpreter services for people with hearing impairments upon request. Please call 303.987.4869 to request this service. We request at least 72 hours' notice.