

Gymnastics/Cheerleading

Gymnastics, Cheerleading, & Rhythmic Gymnastics

For more information call 720-963-5384

Participant form must be completed for all classes and teams, available online at: www.Lakewood.org/Recreation, click on Gymnastics & Cheerleading.

Recommended Attire:

For Gymnastics classes: Leotards (for girls) or shorts and t-shirts and bare feet

For Cheerleading classes: Non-Slip shorts, t-shirt and tennis shoes.

For Rhythmic Gymnastics classes: Leotard (skirt or shorts optional), bare feet or half shoes.

Class	Ages	Requirements	Class Description
Tots In Action (Drop-In)	5 and under	Drop in whenever you like!	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 enjoyment for everyone, there is a maximum capacity of 18 tots per drop in!
Kangaroos (Parent/Tot)	18mos-3 year olds	One class per week is recommended.	This class begins with 10 minutes of free play/gym exploration, then the children (with a little help from a parent/caregiver) try out our gymnastics obstacle courses which include a variety of elementary gymnastics equipment, tunnels, and activities. There should be one parent/caregiver per tot in this class.
Tiny Tumblers	2½-3 year olds	One class per week is recommended.	This class introduces toddlers to the concepts of following directions and being in a class all on their own! Children enjoy jumping, rolling, swinging, and navigating portions of the gymnastics obstacle course. Kangaroos is recommended for children who are not yet ready to do a class on their own.
Tiny Tumblers Plus	3-4 year olds	One class per week is recommended.	This class continues with the concepts of following directions. Children continue to enjoy weekly themed activities and begin navigating entire gymnastics obstacle courses.
Little Leapers	4-5 year olds	One class per week is recommended.	In this class, children continue to enjoy weekly themed activities, navigating gymnastics obstacle courses, and learning basic skill progressions.
Kartwheel Kids	5-6 year olds	One class per week is recommended.	This class continues with basic skill progressions using elementary beams, bars, vault, and basic tumbling in combination with the gymnastics obstacle courses. An advanced Kartwheel Kids class is available to 5-6 year olds upon recommendation of the coach. Students in the advanced class may be invited to perform at various events as part of the recreation program.
Bronze Flips	7-12 year olds	One class per week is recommended.	This beginning gymnastics class is 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 elementary gymnastics equipment.
Silver Flips	7-12 year olds	Prerequisite: Bronze Flips or Equivalent. One-two classes per week are recommended.	This is our second level gymnastics class for students working on tumbling and basic skills on the apparatus. Students from this level may be invited to perform at various events as part of the recreation program.
Gold Flips	7-12 year olds	Prerequisite: Silver Flips or Equivalent. One-two classes per week are recommended.	This is our most advanced recreational gymnastics class and is for our gymnasts who are exceptionally focused, strong, flexible, coordinated and still enjoy the recreation environment. Gymnasts will work on all pieces of equipment learning routines and progressive skill combinations. Students from this level may be invited to perform at various events as part of the recreation program.
Boys Rock! I	5-6 and 7-12 year olds	No experience necessary! One class per week is recommended.	This all boys tumbling and obstacle course class will help build muscles and improve agility. Boys learn basic tumbling and use recreational gymnastics apparatus including rings, bars, and vault.
Boys Rock! II	7-12 year olds	Prerequisite: Boys Rock! I and coach's recommendation. One-two classes per week are recommended.	This all boys tumbling and obstacle course class will help build muscles and improve agility. Boys continue to learn progressive tumbling and skills on the recreational gymnastics apparatus including rings, bars, and vault. Students from this level may be invited to perform at various events as part of the recreation program.
Sparklers Cheerleading	4-6 year olds	One class per week is recommended.	Three cheers for an introduction to cheerleading class! Young cheerleaders will have fun learning basic cheerleading jumps, tumbling skills, choreographed group cheers, and using pom poms.
Cheer Team	7-12 year olds	Weekly team practice, performances at youth sports games, and community events.	The team will learn group cheers, chants, dances, tumbling, jumps, group stunts, and have the opportunity to perform at Lakewood Youth Sports games and events.
Rhythmic Gymnastics	4-6 and 7-13 year olds	One class per week is recommended.	Recreational rhythmic gymnastics combines the artistry of dance and the strength of gymnastics in a non-competitive and fun environment. Rhythmic gymnastics incorporates the use of ribbon, rope, hoop, clubs, and balls.
Rhythmic Performance Team	7-13 year olds	Two-three practices per week is recommended. Ballet and Character Dance are great supplementary classes.	Learn the beautiful world of dance using different apparatus (ribbon, ball, hoop, clubs, and rope) and have fun performing routines at local competitions and events. Team members receive excellent training from one of the top coaches in the sport!

Gymnastics/Cheerleading

Gymnastics									
Winter/Spring Session 1: Jan 11-Mar 6									
Winter/Spring Session 2: Mar 8-May 8 No classes week of Spring Break (Mar 29-Apr 4)									
Spring Break Camp: Mar 30-Apr 1									
Participant Forms must be completed for all classes and teams: available online at www.Lakewood.org/Recreation , click on Gymnastics & Cheerleading.									
Class	Res/Non-Res Per 8-week Session	Carmody Rec Center				Green Mtn Rec Center			
		Day	Time	Session 1	Session 2	Day	Time	Session 1	Session 2
Tots in Action (Drop-In)	\$5 per visit/ \$39 10-visit card	Mon	9-9:45 am	N/A	N/A	Tue	9-9:45 am	N/A	N/A
		Wed	9-9:45 am	N/A	N/A	Thu	9-9:45 am	N/A	N/A
		Fri	9-9:45 am	N/A	N/A				
Kangaroos (Parent/Tot)	\$69/\$85	Mon	10-10:45 am	126202-01	126202-05	Tue	11-11:45 am	126202-02	126202-06
		Wed	11-11:45 am	126202-03	126202-07	Thu	4:30-5:15 pm	126202-04	126202-08
Tiny Tumblers	\$69/\$85	Mon	11-11:45 am	126203-01	126203-08	Tue	10-10:45 am	126203-02	126203-09
		Wed	10-10:45 am	126203-04	126203-11	Thu	11-11:45 am	126203-06	126206-13
		Wed	6-6:45 pm	126203-05	126203-12	Thu	5:30-6:15 pm	126203-03	126203-10
		Fri	10-10:45 am	126203-07	126203-14				
Tiny Tumblers Plus	\$69/\$85	Mon	Noon-12:45 pm	126204-01	126204-07	Tue	10-10:45 am	126204-02	126204-08
		Wed	5-5:45 pm	126204-04	126204-10	Tue	5:15-6 pm	126204-03	126204-09
		Fri	11-11:45 am	126204-06	126204-12	Thu	10-10:45 am	126204-05	126204-11
Little Leapers	\$69/\$85	Mon	Noon-12:45 pm	126302-01	126302-07	Thu	10-10:45 am	126302-05	126302-11
		Wed	10-10:45 am	126302-03	126302-09	Thu	5:30-6:15 pm	126302-02	126302-08
		Wed	5-5:45 pm	126302-04	126302-10				
Kartwheel Kids	\$69/\$85	Mon	11-11:45 am	126301-01	126301-08	Tue	Noon-12:45 pm	126301-03	126301-10
		Mon	4-4:55 pm (Adv.)	126301-02	126301-09	Tue	5:15-6 pm	126301-04	126301-11
		Wed	6-6:55 pm (Adv.)	126301-05	126301-12	Thu	11-11:45 am	126301-06	126301-13
		Fri	10-10:45 am	126301-07	126301-14				
Bronze Flips	\$79/\$99	Mon	6-6:55 pm	126407-01	126407-04	Tue	4-4:55 pm	126407-02	126407-05
		Wed	7-7:55 pm	126407-03	126407-06				
Silver Flips	\$79/\$99	Mon	5-5:55 pm	126403-01	126403-03	Tue	4-4:55 pm	126403-02	126403-05
		Wed	7-7:55 pm	126403-03	126403-06				
Gold Flips	\$79/\$99	Mon	6-6:55 pm	126404-01	126404-03				
		Wed	7-7:55 pm	126404-02	126404-04				
Boys Rock! I	\$79/\$99	Mon	(7-12 yr olds) 5-5:55 pm	126405-01	126405-03				
		Wed	(5-6 yr olds) 5-5:55 pm	126405-02	126405-04				
Boys Rock! II	\$79/\$99	Mon	5-5:55 pm	126401-01	126401-02				
Rhythmic Gymnastics									
Class	Res/Non-Res Per 8-week Session	Green Mtn Rec Center				Middle School Sports Programs (MSSP) Cheerleading Basketball League Dates: Jan 19-Mar 11 For more information: Please see the Youth Sports League section			
		Day	Time	Session 1	Session 2				
Recreational Rhythmic Gymnastics	\$69/\$85	Thu	(7-12 yr olds) 6:30-7:25 pm	126401-01	126401-04				
		Sat	(4-5 yr olds) 10:30-11:15 am	126401-02	126401-05				
		Sat	(5-6 yr olds) 11:15 am-Noon	126401-03	126401-06				
Rhythmic Performance Team	\$79/\$99	Tue	6-7:30 pm	126402-01	126402-04				
		Thu	4:30-6 pm	126402-02	126402-05				
		Sat	1-2 pm	126402-03	126402-06				
Cheerleading									
Class	Res/Non-Res Per 8-week Session	Carmody Rec Center				Birthday Parties: page 51 Private Lessons: page 61 Family & Multiple Class Discounts: page 27			
		Day	Time	Session 1	Session 2				
Sparklers	\$69/\$85	Wed	4:15-5 pm	126304-01	126304-02				
Cheer Team	\$79-\$99	Wed	4:15-5:30 pm	126001-01	126001-02				