



Welcome to Salem Youth Gymnastics program! Here are some FAQ's to help you get started.

What ages do you teach and how often are classes offered?

Classes are for ages 3-6 yrs for Preschool and Kindergarten kids and are offered in 6 wk sessions

- Lil' Flippers 3 years
- Big Flippers 4 years
- Kindergym 5-6 years.

Classes are offered for both morning and afternoon students. Each session gives children orientation to gymnastics equipment: Vault, Balance Beam, Bars and Floor/Tumbling. We teach basic gymnastics and tumbling skills and correct body positions.

Can my child sign up for multiple sessions?

The answer is YES! Students are welcome and encouraged to sign up for *multiple sessions*. Each month there are fun themes and new skills introduced as well as reviewing previously skills.

Repeat students continue learning and progressing and also become *stronger and more flexible* with each session.

What do I wear?

Leotards for girls and shorts and t-shirt for boys work best but other athletic clothing is permitted. Shorts can be worn over leotards. Clothes need to be stretchy, comfortable and non-restrictive. Please NO levis, zippers, buttons, snaps etc.

* Loose/baggy fitting clothing is not recommended. Shirts must be tucked in.

- Long hair needs to be in a ponytail.
- Please remove all jewelry and hair accessories
- Bare feet only – no socks or tights

How do I Sign up and Pay for a session?

Each session is \$45 for 6 weeks of gymnastics instruction. You can sign up and pay your tuition on-line or in the office:

- On line at <http://www.salemcity.org/salem-recreation-department>
- Or take payments into Salem Recreation office *60 North 100 East*
- Tuition is due on or by the first lesson and will not be prorated due to absences. Make up classes are available.

Salem Recreation Center

60 North 100 East

Phone: 801-423-1035

Email: salemrecreation@salemcity.org

Office Hours: Monday thru Thursday 8:00 am to 5:00 pm.

Friday 8:00 am to noon.

About the Coach – *Coach Cindie has been teaching recreational and competitive gymnastics to youth for 17 years. She is a professional member of USA Gymnastics (usagym.org) and keeps a Director Level Status from USA Gymnastics University. She has been part of community gymnastics from Salt Lake to Payson and is happy to now be sharing her love of the sport with Salem. She is married and has 5 children. She loves working with kids and meeting new friends.*