

LaFleur's Girls Level 4 team tryouts!

Saturday, December 10

12:00pm –1:00pm:

Sign up at front desk!

At this time we have about 15 spots on Level 4 Team. Anyone Intermediate level or above or with instructor recommendation may tryout.

Tryouts are very relaxed! There is no pressure from the coaches and the experience can be very positive. If your daughter does not make team, please do not be discouraged. It does not mean that she is not doing well or progressing in gymnastics. If after the results are out, anyone would like to go over their test and get some advice on things to work on for next year, you can call or set up a time with Tammy or Taylor. 262-255-9700.

If you do make Level 4 Team, practice will **start January 2rd, 2012**. The groups will workout 6 hours a week.. The girls that make team will workout at times selected by the LaFleur's Staff. *(Remember we pick the times and days.)*

⇒ The cost will be \$189 a month, for 6 hours a week.

Level 4	Tuesday and Thursday 4 – 6 Friday 4 - 6
Level 4	Monday 6 – 8 Tuesday 6 - 8 Friday 4 - 6

- What's involved with team? At level 4 we start training routines for competitive gymnastics. We will also train a great deal of strength and flexibility. The practices are very structured working on developing and perfecting each gymnastic skill while keeping things fun and instilling a love for the sport.

The competition season for Level 4 is September through early December. In June 2012, the hours will be increased to 8-9 hours a week and this is also when we do our regrouping for summer/fall. We will have our summer & fall 2012 hours out in April.

Good luck!

LaFleur's Staff