



WHICH PROGRAM IS RIGHT FOR YOU?



Developmental Skills Program designed to progress the athlete from introduction to USAG level 3.

No competitions.

Low commitment at 1.5 hours per week.



PRE-TEAM



Designed for 5 to 7 year olds only.

Program made to get young athletes ready for competitive gymnastics.

Team leotard required. (\$40-\$50)

Commitment level medium at 2 days (6 hours total) per week.



LEAGUE



Introduction into competitive gymnastics. (USAG levels 1-3 only)

Local competitions. (4 to 5 per year)

Leotard purchase required. (\$40-\$50)

Low to medium commitment at 2 days and 3.5 hours per week.



WHICH PROGRAM IS RIGHT FOR YOU?

Xcel Gymnastics: USAG



Program designed for athletes who do not want a high commitment of time or do not currently fit the appropriate age bracket for USAG compulsory program.

Year-round participation required. (May-June)

Competitions are held in State to possibly surrounding states. (est \$800-\$1000 competition fees per year.)

Uniform purchase required. (est. \$270 leo/ \$100 warm-up)

Choreography of routine required for floor and beam. (est. \$200)

Medium to high commitment at 2-4 days (6-12 hours) per week.



Compulsory and Optional Program: USAG

USAG Levels 3-8.



Year-round participation required. (May-June)

Competitions are held in State to possibly surrounding states. (est \$800-\$1000 competition fees per year.)

Uniform purchase required. (est. \$270 leo/ \$100 warm-up)

Choreography of routine required for floor and beam. (est. \$200-\$800)

Very high commitment at 3-4 days (9-16 hours) per week.

