

## Fall 2010 Classes and Recreational Cheer

This schedule is for all classes and rec teams beginning September 13, 2010 and ending December 5, 2010.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
class	time	class	time	class	time	class	time	class	time	class	time	class	time
Cheer& Tumble age 3-5	5:30-6:25	Cheer & Tumble age 3-5	5:30-6:25	Boys Tricks&Flips under 11	5:30-6:25	STAR	5:30-7:25	STAR	6:00-7:55	Tumbling	9:30-10:25	Cheer 101 - Jumps/Motions	10:00-11:45
STAR	5:30-7:25	STAR	5:30-7:25	STAR	5:30-7:25					Cheer& Tumble age 3-5	9:30-10:25	Rec	10:30-11:55
Rec	6:00-7:25	Rec	6:00-7:25	Rec	6:00-7:25					Cheer 101 - Stunts	10:00-11:45	Intro to Ballet 8 and under	10:30-11:25
Adult Cardio Flex	6:30-7:25	Adult Cardio Flex	6:30-7:25	Tumbling	6:30-7:25					Boys Tricks&Flips under 11	10:30-11:25	Tumbling	11:00-11:55
Tumbling	7:30-8:25	Tumbling	7:30-8:25							Tumbling	11:30-12:25	Co-ed STUNT Class	11:00-11:55
										Cheer 101 - Tumbling	12:00-1:45	Cheer 101 - Safety	12:00-1:45
										STAR	12:00-1:55	STAR	12:00-1:55
										Open Gym	2:00-4:55	Boys Tricks&Flips over 11	2:00-3:00

### Class descriptions

<b>brown classes</b>	<b>part of class card system, drop-in classes</b>
Cheer & Tumble age 3-5	for boys and girls age 3-5. learn basic gymnastics, dance, and movement. Great for coordination, strength, and flexibility.
Adult Cardio Flex	Open to anyone age 15 and over. This class gets the heart rate up for 30 minutes, then finish with long stretch session.
Tumbling	Learn the basic tumbling moves in a fun environment
Boys Tricks&Flips	this fun class is designed specifically for boys. Learn cool flips over things and on the trampoline.
Coed Stunt Class	Coed style stunting using one primary base with a flier. Fliers and bases welcome.
Intro to Ballet 8 and under	Learn the basics of fundamental ballet from our in-house expert Christianna
<b>Blue Classes</b>	
Rec or Recreational Cheerleading	recreational cheer teams. Meet once a week. Work as a team to develop a routine. No competitions.
<b>Green Classes</b>	<b>All new members (after September 1) must complete all 4 of these classes before participating with a team. Included with registration fee.</b>
Cheer 101 - Stunts	an intensive focus on aspects of stunting
Cheer 101 - Tumbling	an intensive focus on aspects of motions and jumps
Cheer 101 - Jumps/Motions	an intensive focus on aspects of tumbling
Cheer 101 - Safety	an intensive focus on aspects of safety
<b>Yellow Classes</b>	For STAR Athletes only
<b>Orange Classes</b>	Open Gym. FREE to all members. \$15 for non-members

### Class Fees

Basic Membership	\$ 35.00
Recreational Membership	\$ 50.00
Competitive Membership	\$ 125.00
Open Gym, non-members	\$ 15.00
Open Gym, members	FREE
Single Class	\$ 15.00
5 Class Card	\$ 60.00
10 Class Card	\$ 100.00
20 Class Card	\$ 175.00
Rec 12 week session	\$ 200.00

## Team Practice Schedule for September through May

This schedule is for all competitive/competitive rec teams and begins on September 13, 2010 and goes until mid-May 2011

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
team	time	team	time	team	time	team	time	team	time	team	time	team	time
Bearcats	5:30-8:30	Cougars	5:30-8:30	Bearcats	5:30-8:25	Jags	6:30-9:25	Super Cats	7:00-8:15	Kitties	9:30-11:25	FUSE	9:30-11:25
Leopards	5:30-8:30	Pumas	5:30-8:30	Leopards	5:30-8:25					Lynx	10:30-12:25	Munchkins	10:30-11:55
Tigers	6:30-9:30	Cheetahs	6:30-9:30	Tigers	6:30-9:25					Bobcats	10:30-12:25	Kittens	10:00-11:55
Panthers	6:30-9:30	Stray Cats	7:30-9:00	Panthers	6:30-9:25							Cougars	10:00-12:55
Fierce Cats	7:30-8:25	Funky Cats	7:30-8:25									Pumas	12:00-2:55
												Cheetahs	12:00-2:55
												Wildcats	12:00-2:55
												Jags	3:30-6:25