

April - May 2011 Classes

This schedule is for all classes beginning Monday, April 4th, 2011 and ending Thursday, May 26th, 2011

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
class	time	instructor	class	time	instructor	class	time	instructor	class	time	instructor
STAR	5:30-6:25	Yiorgos/Smurf	STAR	5:30-6:25	Nicole/Yiorgos	Boys Tricks&Flips	5:30-6:25	Nick	STAR	5:30-6:25	Yiorgos/Nick
Open STAR	6:30-7:25	Open	Open STAR	6:30-7:25	Open	STAR	5:30-6:25	Yiorgos/Smurf	Open STAR	6:30-7:25	Open
Back Handsprings	6:30-7:25	Smurf/Nick	Back Tuck	6:30-7:25	Nicole	Open STAR	6:30-7:25	Open	Tumbling for Dancers	6:30-7:25	Nick
			Back Handsprings	6:30-7:25	Yiorgos/Nick	Basic Tumbling	6:30-7:25	Nick/Smurf	Flexibility	6:30-7:25	Christianna
						Jumps + Conditioning	7:30 - 8:25	Smurf			
						Back Tuck	7:30-8:25	Nick			

FRIDAY			SATURDAY			SUNDAY		
class	time	instructor	class	time	instructor	class	time	instructor
STAR	6:00-6:55	Amanda	Ballet age 3-5	10:00-10:45	Christianna	Jumps +Conditioning	11:00-11:55	Nicole
Open Star	7:00-8:55	Open	Ballet age 6-8	11:00-11:45	Christianna	STAR	12:00-12:55	Yiorgos
			Tap age 6-8	12:00-12:55	Christianna	Open STAR	1:00-1:55	Open
			Boys Tricks&Flips	12:00-12:55	Nick	Back Handsprings	1:00-1:55	Yiorgos
			Open STAR*	12:00-1:2:55	Open			
			STAR	1:00-1:55	Smurf			
			Back Handsprings	1:00-1:55	LA/Nick			
			Flexibility	1:00-1:55	Christianna			
			Open Gym	2:00-4:55	Open			

CLASS DESCRIPTIONS		Class Fees	
All classes in this section are a part of the class card system, drop-in classes		Basic Membership	
Basic Tumbling	Learn the basic tumbling moves in a fun environment	Membership	\$ 35.00
Back Handsprings	Learn or perfect your back handspring or Round off Back handspring		
Back Tuck	This class will focus on standing and round off back handspring back tucks. Prerequisite: Standing and Round Off Backhandspring	Open Gym - Non- Members	\$ 15.00
Boys Tricks&Flips	This fun class is designed specifically for boys. Learn cool flips and jumps and fun on the trampoline.		
Tumbling for Dancers	Learn flips and tumbling skills, such as aerials and back handsprings, which add variety to your dance routine; perfect for the acro dancer.	Open Gym - UCCD Members	FREE
Jumps + Conditioning	Do you have platinum jumps; level or over extended? Perfect your motions and get your jumps the highest they've ever been!		
Flexibility	Athlete flexibility is key for stunting, tumbling, jumps and overall athlete progression		
Yellow Classes	For S.T.A.R and STARters Athletes only *Please note that on Saturdays only Open STAR is first	Single Class	\$ 15.00
Orange Classes	Open Gym. FREE to all members. \$15 for non-members	5 Class Card	\$ 60.00
		20 Class Card	\$ 175.00