Fall Team Practice Schedule for September 12th, 2011 to May 2012

This schedule is for all competitive/competitive-rec teams - January 9th, 2012 to May 2012

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
team	time	team	time	team	time	team	time	team	time	team	time	team	time
Mowat	4:00 - 6:00	Cougars	5:30 - 8:30	Dunbarton HS	3:30 - 5:30	St,. Mary's HS	4:00 - 6:00	Super Cats	6:30 - 7:45	Munchkins	9:30 - 11:00	Tigers	10:00 - 1:00
Leopards	5:30 - 8:30	Pumas	5:30 - 8:30	Cubs	5:30 - 7:30	DC-UOIT	8:30 - 11:00	Sphynx	7:00 - 9:00	Kitties	9:30 - 11:30	Bearcats	10:00 - 1:00
Cubs	5:30 - 7:30	Jungle Cats	6:00 - 7:30	Leopards	5:30 - 8:30	Cougars	5:30 - 8:30			Lynx	9:30 - 11:30	Fierce Cats	1:30 - 3:30
Stray Cats	7:30 - 9:00	Panthers	6:30 - 9:30	Tigers	6:30 - 9:30	Bearcats	5:30 - 8:30			Lions	11:30 - 1:30	Wildcats	12:30 - 3:30
Basic Rec - Purple Cats	6:00 - 7:30					Pumas	5:30 - 8:30			Bobcats	11:30 - 1:30	Panthers	1:00 - 4:00
						Thunder Cats	6:00 - 8:00			Basic Rec - Pink Cats	12:00 - 1:30	Jags	4:30 - 7:30
										FUZE	12:00 - 2:00		

Class Descriptions

All classes in this section are done through enrolment, please see the front desk to join

Rec or Recreational Cheerlead	Recreational cheer teams. Meet once a week. Work as a team to develop a routine. No competitions. (Reigstration Required)
STAR & STARter Program	For STAR & STARters Athletes only (done at registration)

The following classes are apart of our class card system. Please purchase a class card at the front desk to participate: from September 12th, 2011 to December 23rd, 2011

Class Fees

Basic Membership	$35.00	Open Gym (Non-Member)	$15.00	Single Class	$15.00
Rec Membership	$60.00	Open Gym (UCCD Member)	FREE	5 Class Card	$60.00
Competitive Membership	$200.00			10 Class Card	$100.00
				20 Class Card	$175.00

KinderDance	6 and under. 30 minutes of ballet and 30 mins of tap with some incorporation of creative movement (ballet and tap shoes required)
Open Ballet-Flexibility	Open Ballet/Flexibility - Increase tone and flexiblity in this ballet based class. Ages 14 and up.
Special Needs Beginner Jazz	Beginner Jazz class for athletes with special needs
Basic Tumbling	Learn the basic tumbling moves in a fun environment Ages: 5 and up
Back Handsprings	Learn or perfect your back handspring or Round off Back handspring Ages: 5 and up
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. Ages: 6 and up
Tuck	This class will focus on standing and round off back handspring back tucks. Prerequisite: Standing and Round Off Backhandspring Ages: 6 and up
Boys Tricks & Flips	This fun class is designed specifically for boys. Learn cool flips and jumps and fun on the trampoline. Ages: 3 and up
Cheer & Tumble ages 3 to 5	For boys and girls age 3-5. learn basic gymnastics and cheer elements
Trampoline - Flyer Control	A trampoline class that focuses on flyer spatial awareness and control when flipping and twisting
Trampoline - Tumbler Flip and Twist	A trampoline class that focuses on tumbler spatial awareness and control when flipping and twisting during tumbling elements Prerequisite: level 2 athlete working on level 3 inversion skills Ages: 6 and up
All-Girl Stunting	This class will focus on stunting techniques. Prerequisities: you must bring your stunt group to participate
Flexibility	Flexibility improves jumps, tumbling and stunting skills.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
class	time	class	time	class	time	class	time	class	time	class	time	class	time
STAR	5:30 - 6:25	STAR	5:30 - 6:25	STAR	5:30 - 6:25	STAR	5:30 - 6:25	STAR	5:30 - 6:25	Open STAR	12:00 - 12:55	Open STAR	11:00 - 12:00
Open STAR	6:30 - 7:25	Open STAR	6:30 - 7:25	Open STAR	6:30 - 7:25	Open STAR	6:30 - 7:25	Open STAR	6:30 - 7:25	STAR	1:00 - 1:55	STAR	12:00 - 12:55
Basic Tumbling	7:30 - 8:25	Basic Tumbling	5:30 - 6:25	Boys Tricks & Flips	6:30 - 7:25	Cheer & Tumble	5:30 - 6:25	All-Girl Stunting	6:30 - 7:25	Back Handspring	10:30 - 11:25	Tuck	1:00 - 1:55
Tumbling for Dancers	6:30 - 7:25	Boys Tricks & Flips	6:30 - 7:25	Back Handspring	7:30 - 8:25	Trampoline - Tumbler Flip & Twist	6:30 - 7:25			Basic Tumbling	11:30 - 12:25		
Flexibility	6:30 - 7:30	Trampoline - Tumbler Flip	6:30 - 725			Basic Tumbling	7:30 - 8:25			Cheer & Tumble	12:30 - 1:25		
Tuck	8:30 - 9:30	Back Handspring	7:30 - 8:25			Trampoline - Flyer Body Control	7:30 - 8:25						
		Trampoline - Flyer Control	7:30 - 8:25										
		Flexibility	7:30 - 8:25										
		Tuck	8:30 - 9:25										