



Ultimate Cheer & Dance Spring Class Schedule 2009

Spring Session begins Monday, January 5, and Ends Sunday, May 3

www.ultimatecheer.ca
905-839-8822
info@ultimatecheer.ca

Highlighted Classes are part of our dance program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Class	Youth Rec Cheer	Feel the Beat - Yth	Mini Rec Cheer	Pilates	Salsa - Adult	Saturday Rec	Lvl 1 Tumbling
Time	5:00-5:55	6:00-6:55	6:00-6:55	10-10:55	7-8:15	10:00-10:55	10:00-10:55
Class	Jr Rec Cheer	Lvl 1 Tumbling	Lvl 1 Tumbling	Youth Rec Cheer		Let's Dance -Yth	Lvl 2 Tumbling
Time	6:00-6:55	6:00-6:55	6:00-6:55	5:00-5:55		10-10:55	11:00-11:55
Class	Lvl 2 Tumbling	Panthers Tumbling	Pumas Tumbling	Jr Rec Cheer		Beginner Tap	Lvl 3 Tumbling
Time	6:00-6:55	6:00-6:55	6:00-6:55	6:00-6:55		11-11:55	12:00-12:55
Class	Jazz/Hip Hop - Yth	Adult Hip Hop	Flexibility	Flexibility		Specialty Class	Strength/Conditioning
Time	6:00-6:55	7:00-7:55	6:00-6:55	7:00-7:55		1:00-1:55	12:00-12:55
Class	Lvl 3 Tumbling	Lvl 2 Tumbling	Lvl 2 Tumbling	Street Cred +12		Specialty Class	Lvl 4/5 Tumbling
Time	7:00-7:55	7:00-7:55	7:00-7:55	8:00-8:55		2:00-2:55	1:00-1:55
Class	Stunt Comp	Adult Tumbling	Hip Hop - Yth			Open Gym-FREE	Flexibility
Time	7:00-7:55	7:00-7:55	7:00-7:55			3:00-6:00	1:00-1:55
Class	Let's Dance-Yth	Flexibility	Individual Comp				CoEd Stunt
Time	7:00-7:55	8:00-8:55	8:00-8:55				2:00-2:55
Class	CoEd Stunt						Boys Only Tumbling
Time	8:00-8:55						2:00-2:55
							Sunday Rec
							2:00-2:55

Cheerleading Class Descriptions, limited to 8 students per class	Dance Class Descriptions, limited to 15 students per class					
Rec Cheer - Non-competitive, Entry level, Team environment Tumbling - Taught according to levels * stunt Comp - Level 5 Stunt groups competing in stunt comp * Individual Comp - Level 5 athletes competing individually	Jazz/Hip Hop - mixture of dynamic Jazz and Hip-Hop Feel The Beat - Creative Movement for young children Tricks & Flips - Variety of acrobatics, tricks, and street moves Hip Hop - Features the latest Hip Hop moves to your favorite songs Beginner Tap - Open to all ages, for beginner level Street Cred +12 - This advanced hip hop class is for anyone over 12 years Let's Dance - Creative Modern Dance with various styles					
Class Card Program Description	Fees and Other Information					
10 classes = \$100.00 5 classes = \$60 1 class = \$15 <i>The following classes are part of our class card program:</i> Adult Tumbling - Focused training for ages 18 and older Salsa - Energetic combo of workout and salsa, great for date night Specialty Classes - Different each week w/focus on specific skill Flexibility - Stretch and Strengthen, Mandatory for flyers Coed Stunt - College Preparatory Class, coed stunts only Pilates - Core Strengthening and toning Adult Hip Hop - Burn calories with today's hottest music Open Gym - Free to members, or use the class card if not member Strength/Conditioning - Improves muscular strength & Endurance	All Cheer and Dance classes are \$150 for the entire session. <i>(except for class card program and comp classes.)</i> Membership fee is paid annually (June - May): Basic - \$35 Recreational - \$65, includes T-shirt & Short Competitive - \$135, includes 2 T-shirts, 2 Shorts					
	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: center;">Age levels</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">mini = 3-5 years old</td> </tr> <tr> <td style="text-align: center;">Jr = 11-15 years old</td> </tr> <tr> <td style="text-align: center;">Youth = 6-10 years old</td> </tr> <tr> <td style="text-align: center;">Adult = 18 and older</td> </tr> </tbody> </table>	Age levels	mini = 3-5 years old	Jr = 11-15 years old	Youth = 6-10 years old	Adult = 18 and older
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