

## 2010 Summer Schedule

Summer session is from June 7 through August , 2010.

### Class Schedule

Monday		Tuesday		Wednesday		Thursday				
5:30	tumbling age 5-8	dance 101 age 3-5	Kitty Katz Rec Team 5:30-7:00	tumbling age 5-8	cheer/tumble age 3-5	tumbling age 5-8	dance 101 age 3-5	Fierce Katz Rec Team 5:30-7:00	tumbling age 5-8	cheer/tumble age 3-5
6:30	tumbling age 9-12	dance 101 age 6-12		tumbling age 9-12	Tabby Katz Rec Team	tumbling age 9-12	dance 101 age 6-12		tumbling age 9-12	Furry Katz Rec Team
7:30	tumbling age 13-16	flexibility		tumbling age 13-16		tumbling age 13-16	flexibility		tumbling age 13-16	
8:00										

All dance and cheer classes are structured for specific ages. Please attend according to your age level.

Above classes are part of our class card system.

Dance classes vary in style each week and are at a basic level. Hip Hop, Jazz, Pom, Lyrical, and such.

Rec Teams are 1.5 hours in length. The cost for the Rec summer session is 150.00 plus 50.00 registration. You must purchase practice T-shirt and shorts as well.

Class Cards:		Class Card Guidelines:
5 classes	\$ 60.00	1. To take classes at UCCD, you must first become a member. Basic membership is \$35 annually. 2. Class cards are not redeemable for cash, but are transferrable to other UCCD members. 3. You must bring your card with you to each class and get it hole punched before class.
10 classes	\$ 100.00	
20 classes	\$ 175.00	

### Competitive and Competitive Rec Summer Schedule

Monday		Tuesday		Wednesday		Thursday	
5:00			level 1 A 5:00-6:30		level 1 B 5:00-6:30		level 1 B 5:00-6:30
5:30	Lvl 3 jumps & flex/strength	Level 2 A 5:30-7:30		Level 2 B 5:30-7:30	Lvl 3 tumbling	Level 2 A 5:30-7:30	Level 2 B 5:30-7:30
6:30			Level 4/5 7:30-9:30		Level 3 6:30-8:30		Level 4/5 7:30-9:30
7:00	Level 3 6:30-8:30		STAR Program 6:30-9:30		STAR Program 6:30-9:30		STAR Program 6:30-9:30
7:30		Stunt Class 7:30-9:30			Open Team Athletes 7:30-9:30		
8:00			Lvl 4/5 jumps & flex/strength				Lvl 4/5 tumbling
8:30							
9:00							

"A" designates athletes age 11 and under

"B" designates athletes age 12 and older

"A" designates athletes age 11 and under

"B" designates athletes age 12 and older

**Level 1**= beginner up to back handspring

**Level 2**= Back handspring, roundoff back handspring, back handsprings series

**Level 3**= Front and Back tucks

**Level 4**= Layouts, whips, standing tucks

**Level 5**= twisting skills

Each competitive athlete should practice at their skill level. Once, you master your level, you may be moved up to next level.

Each competitive athlete level 2 and above is required to attend at least 1 additional class each week.

Additional classes above are included in monthly tuition for level 2 and above.

Additional classes above include jumps, flexibility, and strength.

All level 2 and above fliers should take the flexibility classes.

We will select final teams at the end of July. All competitive team practices begin on August 2.

STAR Program is an optional, intensive training program for hard-core athletes that want a little more time, training, and focus for the sport of competitive cheerleading.