

2010 Summer Schedule

Summer session is from June 7 through August , 2010.

Class Schedule

Monday		Tuesday		Wednesday			Thursday				
5:30	tumbling age 5-8	jazz/pom age 3-5		tumbling age 5-8	cheer/tumble age 3-5	Parent Cheer Class 6:00-7:30	Boys Tricks & Flips under 11	hip hop age 3-5	Wednesday Rec Team 5:30-7:00	tumbling age 5-8	cheer/tumble age 3-5
6:00											
6:30	tumbling age 9-12	jazz/pom age 6-12	Monday Rec Team 6:30-8:00	tumbling age 9-12	Tuesday Rec Team 6:30-8:00		Boys Tricks & Flips over 11	hip hop age 6-12		tumbling age 9-12	Thursday Rec Team 6:30-8:00
7:00											
7:30	tumbling age 13-16	flexibility		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.

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							
5:30	Lvl 3 jumps & flex/strength	Level 2 A 5:30-7:30	level 1 A 5:00-6:30	Level 2 B 5:30-7:30	level 1 B 5:00-6:30	Lvl 3 tumbling	Level 2 A 5:30-7:30
6:00							
6:30							
7:00	Level 3 6:30-8:30		Level 4/5 6:30-8:30		Level 3 6:30-8:30		Level 2 B 5:30-7:30
7:30							
8:00	Stunt Class 7:30-9:30	STAR Program 6:30-9:30		STAR Program 6:30-9:30		Open Team Athletes 7:30-9:30	STAR Program 6:30-9:30
8:30			Lvl 4/5 jumps & flex/strength				
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 3 and above is required to attend at least 1 additional class each week.

Additional classes above are included in monthly tuition for level 3 and above.

Additional classes above include jumps, flexibility, and strength.

All level 3 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