

2010 Summer Schedule

Summer session is from June 7 through July 29, 2010.

Class Schedule

Monday				Tuesday				Wednesday				Thursday			
5:30	tumbling age	dance 101		tumbling age	cheer 101			tumbling age	dance 101			tumbling age	cheer 101		
6:00	5-8	age 3-5		5-8	age 3-5			5-8	age 3-5			5-8	age 3-5		
6:30	tumbling age	dance 101	Rec Team	tumbling age	Rec Team			tumbling age	dance 101	Rec Team		tumbling age	Rec Team		
7:00	9-12	age 6-10		9-12		9-12	age 6-10	9-12	age 6-10						
7:30	tumbling age	dance 101		tumbling age		tumbling age	dance 101	tumbling age							
8:00	13-16	age 11-15	13-16	13-16	age 11-15	13-16	age 11-15	13-16	age 11-15	13-16					

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

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.

Competitive and Competitive Rec Summer Schedule

Monday				Tuesday				Wednesday				Thursday				
5:00			level 1 A 5:00-		2B jumps/flex	level 1 B 5:00-				level 1 A 5:00-			2B jumps/flex	level 1 B		
5:30		2A jumps/flex	6:30		jumps/strength	6:30			2A jumps/flex	6:30			jumps/strength	5:00-6:30		
6:00		jumps/strength							jumps/strength							
6:30	3 jumps/flex	Level 2 A 6:30-8:30	STAR Program 6:30-9:30	4/5 jumps/flex	Level 2 B 6:00-	STAR Program 6:30-9:30		3 jumps/flex	Level 2 A 6:30-8:30	STAR Program 6:30-9:30		4/5 jumps/flex	Level 2 B 6:00-	STAR Program 6:30-9:30		
7:00	jumps/strength			jumps/strength	8:00			jumps/strength				8:00	jumps/strength			8:00
7:30																
8:00	Level 3 7:30-			Level 4/5	Adult Cheer			Level 3 7:30-				Level 4/5	Open Cheer			
8:30	9:30			7:30-9:30	8:00-9:30			9:30				7:30-9:30	8:00-9:30			
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.