

# **Cheer & Dance Express- 2011-2012 School Year Schedule & Registration Information**

## Class Descriptions & Information

**Rec Cheer Classes-** Rec cheer classes-1 hour class/week. These classes focus on cheer motions, jumps, dance, tumbling, and stunting. The Rec cheer classes will do a Christmas Performance in the Haymarket as well as perform at the Winter & Spring recitals. There are many Rec classes offered throughout the week and for all ages.

The Rec Cheer classes are listed on the schedule as Tiny Tots Cheer, Mini Cheer, Youth Cheer and Junior Cheer.

**High School Cheer Prep-** Rec cheer class- 1 hour class/week. This class focuses on cheer motions, jumps, dance, tumbling, stunting as well as going through the cheerleading tryout process. This class will help prepare students for their school tryouts not only by perfecting their skills but by helping build their confidence of performing in front of people, practicing mock-tryouts and learning exercises/drills to work on at home. The High School Cheer Prep class will perform in the Winter Cheer Recital and possibly the Spring recital.

**Tumbling Classes-** There are many tumbling classes offered throughout the week for all ages and levels. All of the tumbling classes use our tumbling equipment, spring floor, tumble track and trampoline. Students MUST master all of the skills in a level before moving to the next.

Tiny Tots Tumbling- (Ages 3-6) Level 1 & Mini Tumbling (Ages 5-9) Level 1/2-Focusing on basic body control, forward rolls, backward rolls, cartwheels, handstands, round-offs, bridge-ups, backbend kickovers & backwalkovers

High School Tumbling- (ages 13-18) for All Tumbling Levels. This is a great class for the older-cheerleaders to work on skills for their high school cheer team or all-star team

Level 1/2 Tumbling Classes- Offered for all age groups- Focusing on cartwheels, round-offs, backwalkovers, frontwalkovers, standing backhandsprings, round-off backhandsprings & backwalkover-backhandsprings

Level 2/3 Tumbling Classes-All Ages Groups- Focusing on Round-off multiple backhandsprings, standing multiple backhandsprings, round-off back tucks, punch fronts

Level 3/4 Tumbling Classes- All Age Groups- Focusing on round-off backhandspring back tucks, Standing back tucks, standing backhandspring-tucks, Layouts

Level 5 Tumbling Classes- Ages 8 & up- Focusing on Jumps to Tucks, Fulls, Double Fulls, Connection Passes, Standing Fulls

**Rec Dance Classes-** The Rec Dance classes range from 45min/week to 1 ½ hours a week in length. The Rec dance classes will perform in the Christmas Show in the Haymarket as well as the Spring Recital. The Rec Dance classes are listed on the schedule as Pre Ballet & Tap; Jazz/Pom/Hip Hop; Ballet/Lyrical; Int/Adv. Jazz; Ballet/Tap/Jazz. \*NEW REC CLASS THIS YEAR- Musical Theatre- 45min/week class that focuses on singing, acting and dancing.

**High School Dance Team Prep-** Rec Dance class- 45min class/week. This class focuses on Jazz Technique, Pom Technique, Hip Hop, Leaps, Turns, as well as going through the high school dance team tryout process.

**Co-Ed Stunting Classes-** 30min/week class that focuses on stunting skills for flyers. These classes are great for students who are just starting out and want to be a flyer, students on a competition team who want to perfect their skills or work on the next level in stunting, and students who want to work skills for college cheer tryouts. These classes are taught by some of our male coaches who were college cheerleaders. This class is offered in Beginning, Intermediate & Advanced.

# 2011-2012 SCHOOL YEAR REC CHEER, TUMBLING & DANCE SCHEDULE

## Rec Cheer, Rec Dance Classes & Stunting Classes

### MONDAY

5:00-6:00 Ballet & Tap (ages 6-10)  
6:00-7:00 Jazz/Pom/Hip Hop (ages 8-12)  
6:00-7:00 Mini Cheer (ages 6-10)  
7:00-8:00 Junior Cheer (ages 10-14)  
7:00-8:15 Future Flyers Stunt Class Level 2/3- begins in Feb  
7:30-8:30 Advanced High School Cheer Prep Class- begins in Jan  
8:00-8:30 Int/Adv. Tap (ages 11-15)

### TUESDAY

4:30-5:30 Jazz/Pom/Hip Hop (ages 5-8)  
5:30-6:30 Pre Ballet & Tap (ages 3-5)  
5:30-6:30 Youth Cheer (ages 7-11)  
6:30-7:15 Future Flyers Stunt Class Level 1/2 & 2/3- begins in Feb  
7:00-8:00 High School Cheer Prep (13-18)  
7:00-7:45 Sunshine Little Rays Team for Children with Special Needs (ages 4-10)  
7:30-8:15 Future Flyers Stunt Class Level 3/4- begins in Feb

### WEDNESDAY

5:15-6:00 Future Flyers Stunt Class Level 1/2- begins in Feb  
5:30-6:30 Tiny Tots Cheer (ages 3-6)  
6:30-7:15 Future Flyers Stunt Class Level 3/4 – begins in Feb

### THURSDAY

5:30-6:30 Mini Cheer (ages 5-9)  
7:30-8:30 Sunshine Cheer Team for Children with Special Needs (ages 11-20)  
7:30-8:15 Future Flyers Stunt Class Level 4/5- begins in February  
7:30-8:00 Coed Stunt Class- Intermediate  
8:00-8:30 Coed Stunt Class- Beginning  
8:30-9:00 Coed Stunt Class- Advanced

### SUNDAY

7:00-8:00 High School Cheer Prep (13 & up)  
7:30-8:15 Ballet / Lyrical (ages 9-14)  
8:15-9:00 High School Dance Team Prep (ages 12 & up)

## Tumbling Classes

### MONDAY

5:00-6:00 Tumbling 1/2 (ages 6-10)  
6:00-7:00 Tumbling 1/2 (ages 11-18)

### TUESDAY

6:30-7:30 Tumbling 1/2 (ages 7-12)  
7:30-8:30 Tumbling 3/4/5  
8:00-9:00 High School Tumbling (ages 13 & up)

### WEDNESDAY

5:00-6:00 Tumbling 2/3 (ages 6-11)  
6:30-7:30 Tumbling 2/3 (ages 9-18)

### THURSDAY

4:30-5:30 Mini Tumbling (ages 5-9)  
6:30-7:30 Tumbling 2/3 (ages 7-12)  
6:30-7:30 Tumbling 4/5

### FRIDAY

4:30-5:30 Hillary Johnson Studio Tumbling for Dancers

### SUNDAY

4:00-5:00 True Dance & Co. Tumbling for Dancers  
4:00-5:00 Tumbling for Norris HS Cheer  
5:00-6:00 True Dance & Co. Tumbling for Dancers  
5:00-6:00 Tumbling 2/3/4 (ages 8-14)  
6:00-7:00 High School Tumbling (ages 13 & up)  
8:00-8:30 Tumbling for Pius HS Cheer  
8:30-9:30 Pius High School Cheer Stunt Class  
8:30-10:00 Open Cheer Team Practice (ages 17 & up)

## TUITION PAYMENT

**Payment Choice #1-** Tuition can be paid monthly through auto-withdrawal from your checking account on the 5<sup>th</sup> of each month. Checks will no longer be accepted for tuition. Stop into an Open House/Registration day to set up your auto-payment and bring a voided check from your checking account.

**Payment Choice #2-** Tuition can be paid monthly with cash. Checks will not be accepted for tuition. You must bring your cash into the gym during our office hours and get a cash payment receipt by the 5<sup>th</sup> of each month.

**Payment Choice #3-** Skip monthly payments and pay the entire year in one payment and receive 10% off of your last month of tuition. To figure this amount take your monthly tuition amount x 7 months and then subtract 10% of your monthly tuition from the 8<sup>th</sup> and final month of the school year. Ex: 1 hour class for the entire school year- \$50 x 7months= \$350 + \$45 (10% off the 8<sup>th</sup> month)= \$395 for the entire school year!

Tuition rate is figured by the total hours of classes per student, per week. Add up your classes by minutes and figure your rate below. Prices listed are discounted the more hours you take. Competitive cheerleading teams, tumbling classes for competitive cheerleaders & dancers, and Co-Ed stunting tuition rates are already figured for you below. Competitive cheerleading practices and competitive tumbling are NOT included in your total amount of minutes of class time.

RECREATIONAL CHEER, RECREATIONAL TUMBLING & DANCE CLASS RATES		COMPETITIVE CHEER TEAMS & TUMBLING CLASSES FOR COMPETITIVE CHEERLEADERS & DANCERS	
HOURS OF CLASSES PER WEEK	TUITION RATE	COMPETITIVE TEAM/CLASS	TUITION RATE
30-45 minutes per week	\$40 / month	Flurries Team	\$75 / month
1 hour per week	\$50 / month	Thunder Team	\$90 / month
1 hour, 30 minutes per week	\$70 / month	Lightning Team	\$100 / month
2 hours per week	\$80 / month	Twisters Team	\$100 / month
2 hours, 30 minutes per week	\$90 / month	Fire Team	\$100 / month
3 hours per week	\$100 / month	Cyclones Team	\$125 / month
Unlimited Classes (over 3 hours)	\$105 / month	Ice Team	\$125 / month
COED STUNTING CLASSES		Competition Hip Hop Teams	\$5 / month for Competitive Cheerleaders
1 (30min.) Co-Ed Stunting class per week	\$40 /month for Rec Students OR \$20 /month for Competition Students	TUMBLING CLASSES FOR COMPETITIVE STUDENTS	
Flyers Flexibility	\$10 / month	1 tumbling class/week	\$25 / month
		2 tumbling classes/week	\$40 / month
		3 tumbling classes/week	\$60 / month

### FAMILY DISCOUNTS

Take the discount off of the total dance, recreational cheer / tumbling tuition for the rate of your:

**2<sup>nd</sup> Child – 10 % off 3<sup>rd</sup> Child – 15% off 4<sup>th</sup> Child –FREE!!!** We do not discount off of competitive cheer/tumbling rates until the 3<sup>rd</sup> child.

## IMPORTANT DATES & POLICIES

**CLOSING POLICY**-Cheer and Dance Express follows the same policy for winter weather closing as Lincoln Public Schools. If the schools are closed, we are closed as well. If the weather ever increases in severity during the day, check the website and the radio 106.3 KFRX, Chanel 8 News for possible closing. Whenever you're in doubt, always check the website first before driving to the gym. The following dates are times when Cheer & Dance Express will be closed during the year. CDE will be open the week of LPS Fall Break but closed the week of LPS Spring Break this year.

Nov. 23<sup>rd</sup>-26<sup>th</sup> - CLOSED for Thanksgiving Break- Classes resume on Sun. Nov. 27<sup>th</sup>  
Dec. 22<sup>nd</sup> - Jan. 3<sup>rd</sup> - Closed for Winter/Holiday Break- Jan. 4, 2012- Classes Resume  
CLOSED- LPS Spring Break March 12<sup>th</sup>-16<sup>th</sup>

**DROPPING/ADDING/CHANGING A CLASS POLICY**- **\*PLEASE READ CAREFULLY**-If you are adding/dropping/changing a class you MUST turn in a drop/add class form by the 15<sup>th</sup> of the month in order to change your auto-withdrawal tuition amount for the following month. If you turn in the form after the 15<sup>th</sup> you will be charged for the class you're dropping for another month. If you are adding a class, and turn in your add form after the 15<sup>th</sup> of the month, your new class will not be added to your auto-pay amount for that month and you will need to pay for that first month by cash.

**CLASS ATTIRE**- Rec Cheer & Tumbling Classes- T-shirt & Shorts, Tank Top, Leotard & Shorts, Tight-fitted shirts, Hair Pulled Back & Cheer Express Shoes that you purchase through Cheer Express!

Dance Classes- Appropriate Dance clothes, leotard & skirt, dance pants, tight fitted shirts, hair pulled back.

Ballet classes- pink ballet shoes. Tap classes- black tap shoes. Jazz /Pom/Hip Hop Classes- black slip-on jazz shoes.

**2012 WINTER CHEER RECITAL**- Set for Jan 29, 2012. This will be for ALL competition cheer teams and rec. cheer classes.

**2012 ANNUAL SPRING CHEER & DANCE RECITAL**- This recital will be April 15, 2012 and it's for ALL recreational cheer classes, rec. and competition dance classes and for some of the competition cheer teams.

**RECITAL & COMPETITION COSTUMES**- Recital costume payments are due the week of Nov. 1<sup>st</sup>-5<sup>th</sup>. Below is a breakdown of the costume amounts for each dance/cheer class.

**\$65.00 Costume**- Jazz/Pom/ Hip Hop Classes, Pre Ballet & Tap, Ballet/Lyrical

**\$90.00 Costume**- Ballet/Tap/Jazz Combo Class

**\$65.00 Recital Outfit & Poms**- Rec. Cheer Classes (Students who already have our pink & black poms only pay \$45.00)

