## Summer 2025 EXPRESS CHEER



	Monday		Tuesday		Wednesday		Thursday	
4pm	Basic	KB	Kinder Kids	KB	Kinder Kids	KB	Basic 2	CMC
_	Basic 2	CMC	Basic 2	MR	Basic / Basic 2	CMC	BHS / Series	CC
	BHS/Series	CC	BHS	FG	BHS	CC	Stunt	Staff
	AS Stunt	Staff	Series / Tuck	CC	Flyer Flex	CB	AS Training	Staff
	AS Jumps	MP	AS Flyer Flex	$\mathbf{AC}$	AS Stunt	Staff		
			AS Jumps	<b>CMC</b>	AS Strength & Conditioning			
					Mini/Yth	CJ/MP		
5pm	Tuck	CC	Standing Tuck	CC	Tuck / Layout	CC	Kinder Kids	MR
	Let's Fly	DP/FG	AS Stunt	Staff	AS Boss Basing 3 & 4	Staff	Layout	CC
	AS Flyer Flex	$\mathbf{AC}$	AS Training	Staff	AS Training	MR		
	AS Boss Basing 1 & 2 Staff		AS Strength & Conditioning					
			Jr/Sr	CJ				
6pm	Basic / Basic 2	JS	BHS / Series	FG	Basic / Basic 2	MR	Basic	MR
	BHS	CC	Layout / Twist	CC	Series	CC	Tuck	CC
	Jumps	CJ	Let's Fly	DP/JS	Tuck	JS	AS Flyer Flex	AC
			Jumps	CJ	AS Flyer Flex	AC		
7pm	Basic 2	KB	Basic / Basic 2	KB	BHS	CC	Basic 2	KB
	BHS / Series	JS	BHS	JS	Let's Fly	DP/JS	Layout / Twist	CC
	Tuck / Layout	CC	Series/Tuck	CC	AS Boss Basing 6	Staff	AS Stunt	Staff
	AS Strength & Con	ditioning	Flyer Flex	CJ			AS Training	Staff
	Jr/Sr	CJ					AS Jumps	MP
8pm	12 & Up (Tuck & Up)	CC	Layout / Twist	CC	12 & Up (BHS & Below)	FG	No Springs Attached	d CC
_	Layout / Twist	JS	-		Series/Tuck	JS	Twist	JS
	AS Training	Staff			Tuck/Lay Skills Connect	ion CC		



Costs	Coaches		
Annual Registration Fee - \$60	AC Amanda Christiansen KB Kendall Brazzell		
Per 4 Week Session:	AW Ashley Weaver MP Madison Peters		
One Class: \$100 Two Classes: \$150 Unlimited: \$200	CJ Chrissy Jules MR Makayla Rogers CC Chris Caldwell CMC Courtney Mercer Caldwell		
Let's Fly: \$150 (no discounts allowed)	FG Fladio Gamboa JS John Stuart		
*Must Pre-Register for Classes*	CB Claire Baker DP Devin Premsingh		
Session Dates	Gym Closings		
Summer Session 1: June 2 – June 27	June 28 – July 13		
Summer Session 2: July 14 – August 8			
Tumbling Classes	Specialty Classes		
Kinder Kids Class – Ages 3-6 years old Ratio 8:1	Stunt Class – Group Stunting – Ratio 10:3		
Basic Tumble – Starts at 6 years old Ratio 10:1	Let's Fly – Two Man Stunting – Ratio 5:2		
Basic 2 Tumble – Ratio 10:1	Flyer Flex – Stretching Class – Ratio 25:1		
Back Handspring (BHS) – Ratio 10:1	Jumps – Cheer Jumps Class – Ratio 25:1		
Series – Ratio 10:1	Boss Basing – Stunting Class focusing on Base Education –		
Back Tuck (Tuck) – Ratio 10:1	Ratio 25:1		
Layout (Lay) – Ratio 10:1	All Star Training – Elite Team Training Ratio 25:1		
Twist – Ratio 10:1	Strength & Conditioning – Elite Team Strength Training 25:1		
Skill Connection – Ratio 10:1			
Standing Tuck – Ratio 10:1	All Star Classes – All bolded classes are for Elite Team		
12 & Up – Ratio 10:1	Members Only.		
No Springs Attached – Ratio 10:1			