



Summer Schedule & Tuition Rates

1st- 4 Week Session: June 5th- June 30th

2nd- 4 Week Session: July 10th- August 4th

45min/week-	\$46/4 week session
1 hour/week-	\$56/4 week session
1 hour 30 min/week-	\$79/4 week session
2 hours/week-	\$96/4 week session

Class Descriptions- Summer Sessions

Rec Cheer & Tumbling Classes:

Learn the basics of tumbling and cheer. Focusing on forward & backward rolls, bridge-ups, cartwheels, jumps, cheers, dancing and much more!

- Tiny Cheer & Tumbling: (Ages 2 ½- 4)
- Mini Cheer & Tumbling: (Ages 4-6)
- Youth Cheer & Tumbling: (Ages 6- 10)
- Junior Cheer & Tumbling: (Ages 9- 13)

Tumbling Classes

- **Mini Tumbling:** Ages 4-6. Learn the basics of tumbling: forward rolls, backward rolls, handstands, cartwheels, round offs, & flexibility.
- **Advanced Mini Tumbling:** Ages 4-8. **must be able to do a back-walkover to enroll*
- **Youth Intro to Tumbling:** Ages 6-11. Learn the basics of tumbling: cartwheels, round offs, back bend kick-overs and front limbers. Master the basics before moving onto Back-handspring Basics.
- **Teen Tumbling:** Ages 12 & up. Learn the basics of tumbling all the way up through back-handsprings: cartwheels, round offs, back bend kick-overs and front limbers, back-handsprings.
- **Beautiful Back-Handsprings:** Learn the proper form and technique to perform a standing and round-off back-handspring all the way up to multiple back-handsprings and connection passes. **must be able to do backbend kickover enroll*
- **Tuck Time:** Learn the proper form and technique to perform a round-off back-handspring tuck. **must be able to do round-off 3 back-handsprings to enroll*
- **Dancer Tumbling & Flexibility:** Focusing on back-walkover, front-walkover, back-handsprings, aerials, flexibility an much more! **must be able to do a back-bend and a strong cartwheel to enroll*
- **Level 4 and Level 5 Tumbling:** Focus on standing and running passes for each level. **must be able to do a RO BHS Back tuck for Level 4 and a RO BHS Layout for Level 5*
- **Punch Fronts & Aerials:** Focus on front tumbling skills!
- **Back-walkover & Front-walkover:** For athletes that are close and really wanting to nail or perfect those Level 1 skills! **must be able to do a backbend kickover and a front limber to enroll*

**Competition team athletes receive discounted rates for additional classes. Fill out class Add-Form in the office to add extra classes & for tuition rates!*

Class	Mon	Tues	Wed	Thur	Fri
Tiny Cheer & Tumbling	3:45-4:30			5:45-6:30	Friday OPEN GYM will be offered on various Friday's through the summer
Mini Cheer & Tumbling	10-11am	6:15-7:15			
Youth Cheer & Tumbling				6:30-7:30	
Junior Cheer & Tumbling				6:30-7:30	
Mini Tumbling		11:15am-12pm	5:15-6:00		
Youth Intro to Tumbling	4:30-5:30	10:15-11:15am		5:30-6:30	
Teen Tumbling			8:00-9:00	7:30-8:30	
Beautiful Back-Handsprings	5:30-6:30	4:30-5:30	7:00-8:00	10-11am	
Tuck Time		7:30-8:30	11am-12pm 4:30-5:30	4:30-5:30	
Level 4 Tumble		4:30-5:30		11am-12pm 7:45-8:45	
Level 5 Tumble		5:30-6:30		11am-12pm 7:45-8:45	
Dancer Tumble & Flexibility	11am-12pm			4:30-5:30	
Back-walkover & Front-walkover	4:30-5:30			11am-12pm	
Punch Fronts & Aerials			10-11am 4:30-5:30		
Advanced Mini Tumbling				10am-11am	
Open Gym Tumbling	10am-12pm	10am-12pm	10am-12pm	10am-12pm	

SUMMER SEASON PASS

Unlimited Classes during our two 4-week session and Unlimited Open Gym time all summer! Come to any and every class all week long, all summer long! \$215.00

Summer Camps

- Beach Babies Camp:** June 5-6th
10:00am-11:30am \$45/camp
(Ages 2 & 3) Come cheer, dance & tumble!
- Pool Party Camp:** June 20th-22nd
10:00am-11:30am \$62/camp
(Ages 4-6) Come cheer, dance & tumble!
- Flip Flop Fiesta Camp:** June 27th-29th
10:00am-11:30am \$62/camp
(Ages 6-10) Come cheer, dance & tumble!
- Beach Bash Camp:** July 25th-27th
10:00am-11:30am \$62/camp
(Ages 3-5 & 6-10) Come cheer, dance & tumble!
- Mini Tumbling Camp:** June 17th & July 15th
11:00am-11:30am \$25/camp
(Ages 4-6) Come work the basics of tumbling and have a blast!
- Back-Handspring Camp:** June 17-18th & July 15-16th
11:30am-1:00pm \$45/camp
(Ages 4 and up) Come work drills and skills! Perfect your standing and round-off back-handspring as well as learn specialty advanced standing and running back-handspring passes! **We will divide in age groups*
- Back-Tuck Camp:** June 24-25th & July 8-9th
10:00am-11:30am \$45/camp
(Ages 7 and up) Come work drills and skills! Perfect your standing and running back-tuck as well as learn specialty advanced standing and running passes to a tuck! **We will divide in age groups*
- Punch Fronts & Aerials Camp:** June 24-25th & July 8-9th
11:30am-1:00pm \$45/camp

(Ages 7 and up) Come work drills and skills! Perfect your front tumbling skills! **We will divide in age groups*

Summer Season Pass Discount- 10% off ALL camps with the purchase of the Cheer Xpress Summer Season Pass. You must sign up & pay for camps at the time of purchasing your summer season pass to receive the discount!

EARLY BIRD Discount- 15% off ALL camps when you register & pay for camps by April 20th!

SUMMER CLASS REGISTRATION

Check camps on the left and fill in classes below

Students Name: _____ Age: _____

Parents Names: _____

Cell Phone: _____

Email Address: _____

Class(es) Registering For: Session 1 Session 2

Class: _____ Day: _____ Time: _____

Class: _____ Day: _____ Time: _____

Don't forget about our...

SUMMER SEASON PASS

Unlimited Classes & Open Gym during our two 4-week sessions!
\$215.00 This pass does not include summer camps but you will receive a discount on camps with purchase of the summer season pass!

Turn in or mail your Registration Form, Waiver Form & Payment to hold your spot in summer classes & camps.
Cheer Xpress: 1130 Aries Drive, Lincoln-NE 68512

**CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS)
ACKNOWLEDGMENT, AUTHORIZATION AND RELEASE FORM**

I, the undersigned parent/legal guardian, do hereby give consent for my son/daughter to participate in the training and activities provided by CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS).

I understand and acknowledge (child's name) _____'s participation in the activities provided by CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) includes but is not limited to all aspects of cheerleading, tumbling, stunting, trampoline, dance training and/or competition, as well as travel to or from any related events. I am fully aware of the nature of the activities involved and the possibility of physical illness or injury (minimal, serious and catastrophic - including death) which may arise from participating in such activities. I understand any such injury could be sustained while at the CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) facility or at any one of many competition facilities. If I feel conditions are unsafe, I acknowledge that I have full authority to remove my child from the event.

I certify my child is in good health and proper physical condition to participate in cheer related activities. In the event of injury, I grant permission to any representative of CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) to authorize any emergency medical transportation, medical attention, treatment, surgery or administration of drugs by qualified and licensed medical professionals. I understand the emergency contact(s) listed below will be notified as soon as possible in the event of such emergency, and that any and all transportation, medical or other expenses associated with such injury will be entirely assumed by me or my insurance company.

I hereby agree to voluntarily release, hold harmless, indemnify and covenant not to sue CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS), including its officers, agents, coaches and employees for any and all claims of liability, injury, negligence, actions or rights of action, which are in any way related to, arise out of, or are in any way connected to my child's participation in CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) activities. This further includes, but is not limited to, claims of dangerous condition, premises liability, failure to warn, negligent supervision, negligent maintenance, negligent hiring and improper or dangerous equipment.

I understand CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) produces promotional materials, and that my son/daughter may be included in videos or photography taken during practices, competitions or other cheer related events. I hereby grant CHEER AND DANCE EXPRESS, LCC (aka CHEER XPRESS) its successors, assignees, licensees, sponsors, television networks and all other commercial exhibitors the exclusive right to photograph and/or videotape my son/daughter; and further to utilize my son/daughter's name, face, likeness, voice and appearance in advertising, promotions, websites and social media without reservation or limitation. In granting this license, I understand CHEER AND DANCE EXPRESS, LLC (aka CHEER XPRESS) is under no obligation to exercise such rights, licenses or privileges granted herein.

I certify that I have read this 'Acknowledgement, Authorization and Release Form' in its entirety and understand that by signing it I am freely giving up substantial rights without any inducements or assurances, and intend for it to be a complete and unconditional release of any and all liability to the greatest extent allowed by law, and agree that if any portion of this agreement is found to be invalid, the balance notwithstanding shall continue in full force and effect.

CHILD'S LEGAL NAME: _____ AGE: _____ CHEER & DANCE EXPRESS, LLC WITNESS: _____

PARENT/LEGAL GUARDIAN'S NAME: _____ TODAY'S DATE: _____

PARENT/LEGAL GUARDIAN'S SIGNATURE: _____

EMERGENCY CONTACT NAME(S) & NUMBER(S): _____