

YEAR ROUND CLASS SCHEDULE

Join into our Year-Round classes at any time!

YEAR ROUND SCHEDULE						
Class	Sun	Mon	Tues	Wed	Thur	Fri
LITTLE EXPLORERS - Classes run year round						
PARENT & TOT	*Email for inquiries					
SUPER TOTS		4:45-5:30		5:45-6:30		
MIGHTY TOTS		5:45-6:30		4:45-5:30		
TUMBLING- Classes run year round						
BRONZE <i>(YTH- Ages 6-11)</i>		4:15-5:15	4:00-5:00 6:45-7:45	4:15-5:15	4:15-5:15	Friday OPEN GYM will be offered on various Friday's through the year
BRONZE <i>(SR- Ages 10-18)</i>	5:30-6:30			8:00-9:00		
SILVER <i>(YTH- Ages 6-11)</i>	6:45-7:45		4:30-5:30	5:15-6:15	4:30-5:30 7:30-8:30	
SILVER <i>(SR- Ages 10-18)</i>		8:00-9:00				
GOLD <i>(YOUTH & SR)</i>	4:15-5:15	5:00-6:00	5:00-6:00 8:15-9:15	8:00-9:00	5:00-6:00 8:15-9:15	
DIAMOND <i>(YOUTH & SR)</i>	4:00-5:00	8:00-9:00		4:30-5:30		
TUMBLING FOR DANCERS	4:00-5:00					
NOVICE HALF-YEAR CHEER TEAMS- Registration & Schedule will be available in July.						

SUMMER SESSION TUITION RATES & MEMBERSHIP FEES

30-35min/week- \$84/8 week session 45min/week- \$98/8 week session
1 hour/week- \$118/8 week session

Annual Registration/Membership Fee Due annually at the time of Registration
\$65- Non Full-Year competition team members

*Full Year Competition team athletes receive discounted rates for additional classes.

SUMMER CAMPS

"Future World Champs Camp" - June 22-25th - Campers Ages 3-10 will be broken up into age groups and have a week of cheer and fun with our CX Worlds Team Lady X Members & Coaches! Stunting, cheers, tumbling and a world champ performance at the end of camp! Will they win the GOLD medal?! 9:00am-noon \$120

"2020 CX Olympics Camp" - July 6-9th - Campers Ages 3-12 will be broken up into age groups and teams and have a week of Olympic events! Gymnastics, relay races, obstacle courses and much more! Great camp for Boys & Girls! 9:00am-noon \$120

"Tumbling for Dancers & Flexibility Camp" - July 13-16th - Campers Ages 5-12 will be broken up into age groups and have a week of tumbling, tricks, flexibility and fun! Watch your skills soar after a week of repetition and drills! 1:00-3:00pm \$80

JUNE & JULY SUMMER CLASS SCHEDULE



SUMMER ONLY SCHEDULE No class June 29 th -July 5 th						
Class	Sun	Mon	Tues	Wed	Thur	Fri
OPEN GYM- June & July ONLY						
10:00am-12:00pm Monday through Thursday						
LITTLE EXPLORERS - Classes run in June & July ONLY						
SUPER TOTS			9-9:45am			
MIGHTY TOTS					10-10:45am	
TUMBLING- Classes run in June & July ONLY						
BRONZE <i>(YTH- Ages 6-11)</i>		10-11am			11am-12pm	Friday OPEN GYM will be offered on various Friday's through the year
BRONZE <i>(SR- Ages 10-18)</i>				11am-12pm		
SILVER <i>(YTH- Ages 6-11)</i>			10-11am	10-11am		
SILVER <i>(SR- Ages 10-18)</i>		11am-12pm	3:45-4:45pm		11am-12pm 3:45-4:45pm	
GOLD <i>(YOUTH & SR)</i>		3:45-4:45pm	11am-12pm	3:45-4:45pm	10-11am	
DIAMOND <i>(YOUTH & SR)</i>		10-11am		11am-12pm		
TUMBLING FOR DANCERS			10-11am		9-10am	
THE CHEER EXPERIENCE- Classes run in June & July- 6 Week Course						
The "CHEER EXPERIENCE"			5:45-7:15pm Ages 3-6		5:30-7:00pm Ages 7-12	
SPECIALTY CLASSES- Classes run in June & July ONLY						
FLEXIBILITY CLASS		9-10am 11am-12pm 4:00-5:00pm	10-11am 11am-12pm 4:00-5:00pm	9-10am 10-11am 4:00-5:00pm	10-11am	
STRENGTH & CONDITIONING		10-11am	9-10am	10-11am	11am-12pm	
JUMPS CLASS			11-11:30am	9:30-10am	9:30-10am	
BOYS TUMBLING & STRENGTH	<i>Ages 6-11</i>	9-10am	4:30-5:30			

SUMMER SEASON PASS!

Purchase our CX SUMMER SEASON PASS for a SUMMER OF SKILLS & FUN! One flat rate for UNLIMITED classes & open gym during June & July!
REGULAR PRICING- After March 15th- \$250

CLASS DESCRIPTIONS

LITTLE EXPLORERS PROGRAM Gymnastics classes are a great way for your preschooler to build self-confidence, motor skills & coordination. Classes help children to learn to follow directions and prepare for preschool and kindergarten. In addition they will build strength and learn to have fun while being physically active. The thematic lesson plans and learning tools combine gymnastics fundamentals with education. Gymnastics is great preparation for any sport or activity your child may want to do in the future! Little Explorers classes run year round!
Parent & Tot- Age 18mths-3 yrs / Super Tots- Age 3-5 / Mighty Tots- Ages 4-6

TUMBLING PROGRAM Sign up for a tumbling class and watch your skills soar! Tumbling classes will focus on floor tumbling elements, strength, conditioning & flexibility. Athletes will be evaluated at every lesson and will graduate to the next level once they have mastered all of the skills for each level! Tumbling classes run year round!

- **BRONZE TUMBLING**- Great for beginning through lower level tumblers! This class will focus on forward/backward rolls, cartwheels, handstands, round-offs, back & front walkovers
- **SILVER TUMBLING**- Great for intermediate level tumblers! This class will focus on standing and round-off backhand-springs, multiple back-handsprings, connection passes and much more!
- **GOLD TUMBLING**- Great for advanced level tumblers! This class will focus on standing and round-off backhand-back tucks, punch fronts, aerials and connection passes!
- **DIAMOND TUMBLING**- Great for exceptional level tumblers! This class will focus on layouts, standing and running fulls, connection passes, and double fulls

THE "CHEER EXPERIENCE": Sign up for this super fun 6-week session and learn what CHEER is all about! Cheers, dancing, tumbling, jumps, stunting and much more during this 6-week course! A CX shirt is included that they will wear for their big performance at their last class! \$140 for the 6-week session
Classes for Ages 3-12 will run from June 8-July 24th (no class July 4th week)

NOVICE HALF-YEAR TEAM INFO

Sign up for this super fun half season and learn what CHEER is all about! Cheers, dancing, tumbling, jumps, stunting and much more during this 7-month course! Great for beginning athletes and athletes only wanting a smaller commitment. Everyone makes a team! No tryouts.. just sign up! Cheerleaders will get uniforms and perform at 3-4 events in Lincoln & Omaha. Novice teams run from September through March! REGISTRATION WILL BEGIN IN JULY FOR THESE TEAMS!

REGISTER ONLINE FOR CLASS at CHEER XPRESS

Visit www.cheerxpress.com and click on REGISTER on the main page to follow registration instructions. Log into your account or create a new account to register & set up automatic payments through your checking or savings account.

CX Discounts

2nd Class Discount- 25% off

3rd Class Discount- 35% off

4th Class Discount- 50% off

Second child in a family Discount- 10% off

Third child in a family Discount- 20% off

Fourth child in a family Discount- 50% off

LOOKING AHEAD... CLASSES THAT BEGIN IN 2021

HIGH SCHOOL CHEER PREP: Prepare for your high schools tryouts with our very popular high school prep class! Work on motions, jumps, cheers, dancing and much more! Our coaches will prepare the athletes and have them practice mock tryouts before their real tryouts!
January-March 2020- Sundays & Thursdays 8:00-9:00pm

COLLEGE CHEER PREP: Prepare for your schools tryouts and take your skills to the next level! Work on tumbling, stunting, jumps, and more!
Times TBA

THE "CHEER EXPERIENCE": Sign up for this super fun 9 week school year session and learn what CHEER is all about! Cheers, dancing, tumbling, jumps, stunting and much more during this 9-week course! A CX shirt is included that they will wear for their big performance at their last class!
Classes for Ages 5-14 will run from January 11th- March 12th Times TBA