



## Class Descriptions

**NOVICE HALF-YEAR CHEER TEAMS-** 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.

**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. Little Explorers unique 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!

- **Parent & Tot- Age 18mths-2 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!

- **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

## Schedule & Tuition Rates

### LITTLE EXPLORERS & TUMBLINGS CLASSES:

Annual Registration/Insurance Fee Due at the time of Registration- \$60

35min/week-	\$42/month
45min/week-	\$49/month
1 hour/week-	\$59/month
1.5 hrs/week-	\$82/month

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

2019-2020 SCHEDULE						
Class	Sun	Mon	Tues	Wed	Thur	Fri
<b>LITTLE EXPLORERS-</b> Classes begin in September						
<b>PARENT &amp; TOT</b>				5:45-6:20	9:30-10:05 AM	
<b>SUPER TOTS</b>		4:45-5:30			10:15-11:00 AM	
<b>MIGHTY TOTS</b>		5:45-6:30		4:45-5:30		
<b>TUMBLING-</b> Classes begin in September						
<b>BRONZE</b> <i>(YTH- Ages 6-11)</i>		4:30-5:30		5:30-6:30	4:30-5:30	
<b>BRONZE</b> <i>(SR- Ages 10-18)</i>	5:30-6:30			4:30-5:30	7:00-8:00	
<b>SILVER</b> <i>(YTH- Ages 6-11)</i>		4:30-5:30	4:30-5:30 7:45-8:45	5:30-6:30	5:00-6:00 7:00-8:00	
<b>SILVER</b> <i>(SR- Ages 10-18)</i>	5:15-6:15 8:00-9:00	4:30-5:30	4:30-5:30		4:30-5:30	
<b>GOLD</b> <i>(YOUTH &amp; SR)</i>	4:15-5:15 6:00-7:00 7:15-8:15	4:30-5:30 7:30-8:30	4:30-5:30 7:30-8:30	6:00-7:00 7:15-8:15	4:30-5:30 5:00-6:00	
<b>DIAMOND</b> <i>(YOUTH &amp; SR)</i>	4:15-5:15	7:15-8:15 8:30-9:30		6:00-7:00	4:30-5:30	
<b>TUMBLING FOR DANCERS</b>	4:00-5:00					
<b>NOVICE HALF-YEAR CHEER TEAMS-</b> Classes run Sept 3 <sup>rd</sup> -March 31 <sup>st</sup>						
<b>TEENY TINY TEAM</b> <i>*Ages 3-5</i>					5:30-6:30	
<b>TINY TEAM</b> <i>*Ages 4 ½- 6</i>		5:30-6:30				
<b>MINI TEAM</b> <i>*Ages 6-8</i>			5:15-6:45			
<b>JUNIOR TEAM</b> <i>*Ages 9-14</i>					6:45-8:15	
<b>SPECIALTY CLASSES-</b> Classes run January-March 2020						
High School Cheer Prep	8:00-9:00				8:00-9:00	
The "CHEER EXPERIENCE"			TBA			

Friday OPEN GYM will be offered on various Friday's through the school year

# **CLASSES BEGIN SEPTEMBER 3<sup>RD</sup>!** **NOVICE HALF-YEAR TEAM INFO**

## **FEES DUE AT THE TIME OF REGISTRATION:**

- Annual Registration/Insurance Fee- \$60
- USASF (United States All-Star Federation) Fee- \$30
- Team T-Shirt- \$15
- Order Cheer Shoes (\$50) if you don't have them already

## **MONTHLY TUITION- SEPTEMBER THROUGH MARCH:**

- Due on 1<sup>st</sup> of each month
- Teeny Tiny Team & Tiny Team- \$59/month
- Mini Team & Junior Team- \$82/month

## **UNIFORM PAYMENT:**

- Due October 6<sup>th</sup> at Uniform Fittings
- Teeny Tiny Team & Tiny Team- \$85
- Mini Team & Junior Team- \$125

## **COMPETITION & MUSIC LICENSE FEES**

- Due November 15<sup>th</sup>
- Teeny Tiny Team & Tiny Team- \$145
- Mini Team & Junior Team- \$245

## **PERFORMANCES**

- December 15<sup>th</sup>- at Cheer Xpress in Lincoln
- January 12<sup>th</sup>- Omaha (Mini & Junior Teams only)
- February 23<sup>rd</sup>- Omaha
- March 21<sup>st</sup>- Omaha

**WANT MORE INFORMATION ABOUT THE NOVICE HALF-YEAR TEAMS?**  
**COME TO OUR INFO MEETING ON AUGUST 22<sup>ND</sup> AT 6:30PM**

## **REGISTER ONLINE FOR CLASS at CHEER XPRESS**

Visit [www.cheerxpress.com](http://www.cheerxpress.com) and click on REGISTER on the main page to follow registration instructions. Please bring the following waiver form signed to your first class!

### **CX Discounts**

*2<sup>nd</sup> Class Discount- 25% off*

*3<sup>rd</sup> Class Discount- 35% off*

*4<sup>th</sup> 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 2020**

**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**

**THE "CHEER EXPERIENCE":** Sign up for this super fun 9 week session and learn what CHEER is all about! Cheers, dancing, tumbling, jumps, stunting and much more during this 9-week course! A CX t-shirt is included that they will wear for their big performance at their last class!  
**Classes for Ages 3-14 will run from January 13<sup>th</sup>- March 13<sup>th</sup>**  
**Days & Times TBA- Tuition Price \$200 for the 9 week session**

# 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, LLC (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): \_\_\_\_\_