



Class Descriptions- Summer Sessions

THE CHEER EXPERIENCE! Sign up for this super fun summer session and learn what CHEER is all about! Cheers, dancing, tumbling, jumps, stunting and much more during this 6-week course! Cheerleaders will get a t-shirt and do a performance at their last class for friends & family!

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**
- **Mighty Tots- Age 3-5**

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

Summer Schedule & Tuition Rates

LITTLE EXPLORERS, TUMBLING & SPECIALTY SUMMER CLASSES are offered monthly May through August 2019.

45min/week- \$47/month
1 hour/week- \$57/month

THE CHEER EXPERIENCE 6-week summer course! This course runs from June 10th- July 26th (CX is closed the week of July 1-7th)
1.5 hour class/week and a clinic t-shirt- \$125/6 week session

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

| MAY- AUGUST SUMMER SCHEDULE 2019 | | | | | | |
|--|-----------|-------------------------------------|------------------------|-------------------------|-------------------------------------|-----|
| *MORNING CLASSES- are ONLY offered in June & July! | | | | | | |
| Class | Sun | Mon | Tues | Wed | Thur | Fri |
| LITTLE EXPLORERS- Classes run May through August! | | | | | | |
| Parent & Tot | | | | 5:45-6:30 | | |
| Mighty Tots | | 4:45-5:30 | | 10:00-10:45am | 6:30-7:15 | |
| TUMBLING- Classes run May through August! | | | | | | |
| BRONZE | 6:00-7:00 | 4:30-5:30 | 5:30-6:30 | 10-11:00am 4:30-5:30 | 5:30-6:30 | |
| SILVER | 6:00-7:00 | 4:30-5:30 7:15-8:15 8:15-9:15 | 10-11:00 4:30-5:30 | 4:30-5:30 | 4:30-5:30 7:45-8:45 | |
| GOLD | | 7:15-8:15 8:15-9:15 | 4:30-5:30 8:15-9:15 | 11am-12pm 7:30-8:30 | 4:30-5:30 7:45-8:45 8:15-9:15 | |
| DIAMOND | 7:00-8:00 | | 11am-12pm 8:15-9:15 | 7:30-8:30 | 8:15-9:15 | |
| THE CHEER EXPERIENCE- Classes run June 10th-July 26th | | | | | | |
| MINI *Ages 3-6 | | | | | 5:30-7:00 | |
| YOUTH *Ages 6-10 | | 5:45-7:15 | | | | |
| JUNIOR *Ages 10-14 | | | 6:00-7:30 | | | |
| SPECIALTY CLASSES- Classes run May through August! | | | | | | |
| Dancer Tumble & Flexibility | 5:00-6:00 | | | | | |
| Flyer Flex | | | 4:30-5:30 | 4:30-5:30 | | |
| OPEN GYM- June & July | | | | | | |
| \$10 drop-in or FREE with summer pass | | 10am-12pm | 10am-12pm | 10am-12pm | 10am-12pm | |

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

SUMMER SEASON PASS

Unlimited Open Gym during JUNE & JULY! \$100 for a summer of FUN!

Summer Camps

A Date with Your Doll Camp: June 22nd

10:00am-12:00pm \$25/camp

(Ages 5-9) Come cheer, dance, tumble and do crafts at this super fun day camp with your favorite doll! Your doll can even perform on our doll sized cheer floor!

Performing Arts Camp: June 17th-21st

9:00am-12:00pm \$120/camp *bring a snack & drink each day

(Ages 5 & up) Sing, dance, act, tumble & model your way through this fun Broadway themed camp! They will learn audition tips and have a blast with the acting games! Campers will work hard all week to put on an amazing show on Friday!

Sports Enhancement Clinic: July 27th

10:00am-12:00pm \$25/camp

(Ages 3-6) Geared towards kids signing up for tee ball, soccer or other sports! Work on your kicking, catching, throwing, hitting, fielding & tagging skills! Plus work on strength and coordination skills in our Little Explorers tumbling room!

Spy Camp: July 15th-19st

9:00am-12:00pm \$120/camp *bring a snack & drink each day

(Ages 4 & up) The Spy Camp theme will surely be a fun way to experience tumbling! To be a great spy or secret agent, you have to have good acrobatic skills, the agility to crawl, jump, and climb, and the balance to navigate tight areas. Spy camp will promote teamwork, self-discipline, and problem solving skills! Will you be able to solve the mystery by the end of the week??

SUMMER CLASS REGISTRATION

Check camps on the left and fill in classes below

Students Name: _____ Age: _____

Parents Names: _____

Cell Phone: _____

Email Address: _____

Tumbling, Little Explorers or Specialty Class you're registering for (circle the months): May June July August

Class: _____ Day: _____ Time: _____

Class: _____ Day: _____ Time: _____

The Cheer Experience Class you're registering for:

Class: _____ Day: _____ Time: _____

Turn in or mail your Registration Form, Waiver Form & Payment by to hold your spot in summer classes & camps or stop by our office hours Mon-Thurs 4:30-8:30pm! They will fill up fast!

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, 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): _____