

# ALSTARZ CHEERLEADING ACADEMY

## WINTER/SPRING SESSION

January 8, 2018 – April 30, 2018

### LAROSE

#### Monday

|           |                                    |
|-----------|------------------------------------|
| 4:30-5:30 | Flexibility & Cheer Tumble         |
| 5:30-6:30 | Pee Wee & Beginner                 |
| 6:30-7:30 | Advanced/Intermediate/tryout Cheer |
| 7:30-8:30 | Tryout Cheer                       |
|           |                                    |
|           |                                    |

#### Tuesday

|           |                                    |
|-----------|------------------------------------|
| 4:00-5:30 | Rose & Rouge Team Practice         |
| 5:30-6:30 | Advanced/ Intermediate/Flexibility |
| 6:30-7:30 | Elite & Beginner                   |
| 7:00-8:00 | Tryout Cheer                       |

#### Wednesday

|           |                            |
|-----------|----------------------------|
| 4:30-5:30 | Flexibility & Intermediate |
| 5:30-6:30 | Pee Wee                    |
|           |                            |
| 5:00-7:00 | Vermillion                 |
| 6:30-8:30 | Blush                      |

#### Thursday

|           |                               |
|-----------|-------------------------------|
| 4:00-5:30 | Rose Team Practice            |
| 5:30-7:00 | Rouge & Scarlet Team Practice |
| 7:00-8:00 | Elite, Advanced, Intermediate |
|           |                               |

#### Friday

|             |              |
|-------------|--------------|
| 10:30-12:00 | Toddler Time |
| 6:00-9:00   | Open Gym     |

### Thibodaux

#### Monday

|           |  |
|-----------|--|
| 4:30-5:30 | Tryout Cheer & Cheer Tumble <small>age 7-9</small> |
| 5:30-6:30 | Beginner & Intermediate                            |
| 6:30-7:30 | Flexibility & Advanced                             |
| 5:30-7:00 | Royal Team Practice (Sr)                           |
| 6:00-7:00 | Co ed Stunt Class                                  |
| 7:00-8:00 | Tryout Cheer                                       |

#### Tuesday

|           |   |
|-----------|---|
| 4:30-5:30 | Cheer Tumble <small>age 4-6</small> & Flexibility |
| 5:30-6:30 | Beginner/Advanced/Tryout Cheer                    |
| 6:30-7:30 | Elite/Intermediate/Flexibility/Boys               |
|           |   |

#### Wednesday

|           |  |
|-----------|--|
| 4:30-5:30 | Cheer Tumble <small>age 7-9</small> & Beginner |
| 5:30-6:30 | Pee Wee & Flexibility                          |
| 5:00-6:00 | Tryout Cheer                                   |
| 6:30-7:30 | Boys Tumble/Advanced/Elite                     |
| 6:00-7:30 | Blueberries Team Practice (PeeWee)             |

#### Thursday

|           |  |
|-----------|--|
| 3:30-4:30 | Special Needs                                      |
| 4:30-5:30 | Cheer Tumble <small>age 4-6</small> & Intermediate |
| 5:30-6:30 | Advanced/Pee Wee/Tryout Cheer                      |
| 6:30-7:30 | Beginner & Boys & Flexibility                      |

#### Friday

|             |              |
|-------------|--------------|
| 10:30-12:00 | Toddler Time |
| 6:00-9:00   | Open Gym     |