

2017 Summer Class Schedule

May 15 - August 31



Day	Time	Class	Class Focus	Prerequisites
Monday	5:30-6:25	Cheerleading Age 5-6	Stunts, Jumps, Motions, Dance, and Flexibility	None
	6:30-7:25	Cartwheels & Roundoffs	Drills and Conditioning to improve skill execution.	None
	6:30-7:25	Bridges and Kickovers	Drills and Conditioning to improve skill execution.	None
Tuesday	5:30-6:25	Cheerleading Age 7-9	Stunts, Jumps, Motions, Dance, and Flexibility	None
	6:30-7:25	Walkovers & Limbers	Drills and Conditioning to improve skill execution.	Must be able to perform a bridge properly.
	6:30-7:25	Back Handsprings	Drills and Conditioning to improve skill execution.	Must be able to perform a walkover or limber properly.
Wednesday	5:30-6:25	Cheerleading 101 Age 10-12	Stunts, Jumps, Motions, Dance, and Flexibility	None
	6:30-7:25	Back Tucks	Drills and Conditioning to improve skill execution.	Must be able to perform a back handspring properly.
	6:30-7:25	Back Handspring Series	Drills and Conditioning to improve skill execution.	Must be able to perform a back handspring properly.
Thursday	5:30-6:25	Cheerleading 101 Age 13-16	Stunts, Jumps, Motions, Dance, and Flexibility	None
	6:30-7:25	Walkovers and Limbers	Drills and Conditioning to improve skill execution.	Must be able to perform a bridge properly.
	6:30-7:25	Back Handsprings	Drills and Conditioning to improve skill execution.	Must be able to perform a walkover or limber properly.

**Your 1st Day in Limelight is Always
FREE!**

289-597-LIME

All classes are part of the class card system and are priced as follows: (Prices include HST.)

One Class = \$15

4 Class Card = \$55

10 Class Card = \$125

Classes are for members only. Annual membership fee is \$35 and the term is May 1st - April 30.