

EXTREME HEAT

All Star Cheer & Dance

2011-2012 Teams & Practice Schedule

	<u>Youth Hip Hop</u>	<u>Senior Hip Hop</u>
Monday	6:30-7:45	7:30-9:00
Tuesday		
Wednesday	6:30-7:45	7:30-9:00
Thursday		
Friday	Beginning Open Tumbling: 4:30-5:30 Intm./Advance Open Tumbling: 5:30-6:30	

Youth Team: Ages 11 & under , Senior Team: Ages 18 & under

- ❖ All practices are subject to change.
- ❖ Additional practices can be added at the discretion of the coaches if seen fit.
- ❖ ALL PRACTICES ARE MANDATORY. If too many practices are missed by an individual, their spot on that team or in the program is subject to change!

YMCA SPORTSWORLD
2700 SE Willoughby Blvd
Stuart, FL 34994
772 223 1606

