

# may 2023



| SUN  | MON | TUE  | WED | THU   | FRI | SAT   |
|--|-----|--|-----|---|-----|---|
|  | 1   | 2<br>Cheer: End of Season Party                                  | 3   | 4   | 5   | 6   |
| 7<br>Cheer: Bring a Friend to Practice 3:30-5 <b>AGES 6-9</b>  | 8   | 9<br>Cheer: Bring a Friend to Practice 5:30-7 <b>AGES 10-11</b>  | 10  | 11<br>Cheer: Bring a Friend to Practice 5:30-7 <b>AGES 12-15</b>  | 12  | 13  |
| 14<br>Cheer: Bring a Friend to Practice 3:30-5 <b>AGES 6-9</b> | 15  | 16<br>Cheer: Bring a Friend to Practice 5:30-7 <b>AGES 10-11</b> | 17  | 18<br>Cheer: Bring a Friend to Practice 5:30-7 <b>AGES 12-15</b>  | 19  | 20<br>Cheer: Tryouts & Team Evaluations<br><b>AGES 5-8</b> 9-10:15<br><b>AGES 9-15</b> 10:30-12 |
| 21   | 22  | 23   | 24  | 25  | 26  | 27  |
| 28   | 29  | 30   | 31  | <b>No experience necessary, but registration is required!</b><br><b>Visit <a href="http://mountainelitecheer.com">mountainelitecheer.com</a> for details and to sign up</b> |     |   |

# June 2023



| SUN   | MON | TUE  | WED | THU  | FRI | SAT                        |
|---|-----|--|-----|--|-----|----------------------------|
|   |     |  |     | 1  | 2   | 3                          |
| 4<br>Walkovers 4:30-5:15<br>Handsprings 5:30-6:15<br>BHS Series & Tucks 6:30-7  | 5   | 6<br>Cheer Technique 5:30-6:15<br>Flexibility 6:30-7<br>Strength 7-7:30  | 7   | 8  | 9   | 10                         |
| 11<br>Walkovers 4:30-5:15<br>Handsprings 5:30-6:15<br>BHS Series & Tucks 6:30-7 | 12  | 13<br>Cheer Technique 5:30-6:15<br>Flexibility 6:30-7<br>Strength 7-7:30 | 14  | 15   | 16  | 17<br>Tiny Tumblers 9-9:45 |
| 18<br>Walkovers 4:30-5:15<br>Handsprings 5:30-6:15<br>BHS Series & Tucks 6:30-7 | 19  | 20<br>Cheer Technique 5:30-6:15<br>Flexibility 6:30-7<br>Strength 7-7:30 | 21  | <p><b>Beginner, intermediate and advanced classes with more of a variety of skills will return in the fall!</b></p> <p><b>Please see full details on the cheer and tumbling pages for descriptions, requirements, and registration links</b></p> |     | 24                         |
| 25<br>Walkovers 4:30-5:15<br>Handsprings 5:30-6:15<br>BHS Series & Tucks 6:30-7 | 26  | 27<br>Cheer Technique 5:30-6:15<br>Flexibility 6:30-7<br>Strength 7-7:30 | 28  |  |     |                            |

# july 2023



| SUN   | MON | TUE  | WED   | THU | FRI | SAT                        |
|---|-----|--|---|-----|-----|----------------------------|
|   |     |  |   |     |     | 1                          |
| 2<br>NO CLASSES   | 3   | 4<br>NO CLASSES  | 5   | 6   | 7   | 8                          |
| 9<br>Walkovers 4:30-5:15<br>Handsprings 5:30-6:15<br>BHS Series & Tucks 6:30-7:15 | 10  | 11<br>Cheer Technique 5:30-6:15<br>Flexibility 6:30-7<br>Strength 7-7:30 | 12  | 13  | 14  | 15<br>Tiny Tumblers 9-9:45 |
| 16<br>Walkovers 4:30-5:15<br>Handsprings 5:30-6:15<br>BHS Series & Tucks 6:30-7   | 17  | 18<br>Cheer Technique 5:30-6:15<br>Flexibility 6:30-7<br>Strength 7-7:30 | 19  | 20  | 21  | 22                         |
| 23<br>Walkovers 4:30-5:15<br>Handsprings 5:30-6:15<br>BHS Series & Tucks 6:30-7   | 24  | 25<br>Cheer Technique 5:30-6:15<br>Flexibility 6:30-7<br>Strength 7-7:30 | 26  | 27  | 28  | 29                         |
| 30<br>Walkovers 4:30-5:15<br>Handsprings 5:30-6:15<br>BHS Series & Tucks 6:30-7   | 31  | 31<br>Cheer Technique 5:30-6:15<br>Flexibility 6:30-7<br>Strength 7-7:30 | <b>See full details on our website for descriptions, requirements and registration links!</b> |     |     |                            |

# august

Mountain Elite 2023

| SUN  | MON | TUE   | WED                             | THU                             | FRI | SAT  |
|--|-----|---|---------------------------------|---------------------------------|-----|--|
|  |     | 1<br>Cheer Technique 5:30-6:15<br>Flexibility 6:30-7<br>Strength 7-7:30 | 2                               | 3                               | 4   | 5  |
| 6<br>CHEER TEAM<br>PRACTICES BEGIN!          | 7   | 8<br>PRACTICE<br>TEAM/TIME TBA  | 9<br>PRACTICE<br>TEAM/TIME TBA  | 10<br>PRACTICE<br>TEAM/TIME TBA | 11  | 12   |
| 13<br>PRACTICE<br>TEAM/TIME TBA              | 14  | 15<br>PRACTICE<br>TEAM/TIME TBA   | 16<br>PRACTICE<br>TEAM/TIME TBA | 17<br>PRACTICE<br>TEAM/TIME TBA | 18  | 19<br>Tiny Tumblers 9-9:45                   |
| 20<br>PRACTICE<br>TEAM/TIME TBA              | 21  | 22<br>PRACTICE<br>TEAM/TIME TBA   | 23<br>PRACTICE<br>TEAM/TIME TBA | 24<br>PRACTICE<br>TEAM/TIME TBA | 25  | 26<br><b>MANDATORY TEAM<br/>CHOREOGRAPHY</b> |
| 27<br><b>MANDATORY TEAM<br/>CHOREOGRAPHY</b> | 28  | 29<br>PRACTICE<br>TEAM/TIME TBA   | 30<br>PRACTICE<br>TEAM/TIME TBA | 31<br>PRACTICE<br>TEAM/TIME TBA |     |  |