# Class Descriptions

### Mommy & Me

No experience required.

Basic stretching, trampoline & tumbling skills with Mommy!

### Bubblegum

No experience required.

Basic stretching & introductory tumbling skills

#### Lime

Required Skills: Standing 3 Back Handsprings & Front Walkover Round off 3 Back Handsprings

### School Cheer Prep

Junior High/High School: Prepares athletes for school tryouts. Will be perfecting tumbling, jumping, spiriting and cheer skills.

### Hip-Hop

Move & Groove:

5-9 years old

Beginner: Basic choreography with

music

Just Dance!

10-13 years old

Intermediate: Moderate choreography

with music

### Raider Tots

No experience required.

Basic stretching, trampoline, tumbling skills, motions & jumps!

grape

Required Skills:

Handstand Forward Roll,

Front Walkover & Back Walkover

## Guns Up! Motions & Jumps!

Learn perfect CHEER technique!
Work on flexibility, motions & jumps.

## Top gun Stunts

Beginner: Ages 4+, No experience required.

Intermediate: Ages 7+. Must have full down from two legs

Advanced & Co-ed: Ages 7+. Must have full up & extended one leg stunts

# College Prep Stunts & Tumbling

Integrates college tumbling and stunting skills to prepare athletes for the college tryout process.

## 2014 Fall Developmental Classes

Annual Membership Fees (choose one; per child) \$35 Ruby Membership (basic) \$50 Pearl Membership \$100 Diamond Membership Raider Xtreme 3801 154<sup>th</sup> St., Lubbock, TX 79423 (806)795-2222

> www.raiderxtreme.com Lubbock@raiderxtreme.com

\$70 per month

Sibling Discount: \$10 Additional Class Discount: \$10

+		Ages	2-11
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(	Monday	Tuesday
Mommy & Me (18 month-3 yrs)	10-11am	
Raider Tots (2-4 yrs)	11am-12pm 1:30-2:30pm	
Raider Tots* (3-4 yrs)	4-5pm 5-6pm 6-7pm	4-5pm 5-6pm

\*must be potty trained

## Youth: Ages 9-12

	Monday	Tuesday	Wednesday
Pink		6-7pm	
Purple	6-7pm		
Green	7-8pm	7-8pm	
Guns Up! Motions & Jumps!			6-7pm
School Cheer Prep		6-7pm	
Xtreme	7-8pm	7-8pm	

### Hip-Hop

	Monday
Move & Groove (5-9 yrs)	4-5pm
Just Dance! (10-13yrs)	5-6pm

College Prep

0	Т	uesday
College Prep Stunts & Tumbling	8-	9:30pm

### Mini: Ages 5-8

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	Monday	Tuesday	Wednesday
Bubblegum	4-5pm	5-6pm 6-7pm	
Grape	5-6pm	4-5pm 6-7pm	
Guns Up! Motions & Jumps!			4-5pm

### Jr./Sr.: Ages 13+

	Monday	Tuesday	Wednesday
Bubblegum	5-6pm	4-5pm	
		6-7pm	
Grape	4-5pm	5-6pm	
	6-7pm		
Lime	7-8pm	7-8pm	
Guns Up!			5-6pm
Motions &			6-7pm
Jumps			<b>.</b>
School		6-7pm	
Cheer Prep			
Xtreme	7-8pm	7-8pm	

### Top Gun Stunts

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U	Wednesday
Beginner	4-5pm
Intermediate	5-6pm
Advanced & Co-ed	6-7pm

### Class Descriptions

