

2024 PLACEMENT PREPARATION CLASSES

TRYOUTS:

RETURNING ATHLETES FRI, MAY 31

NEW ATHLETES SAT, JUNE 1

NEW TO CHEER?

WELCOME! EMAIL US TO ARRANGE
A INITIAL ASSESSMENT TO PLACE
YOU INTO A TRAINING GROUP.

TRAINING PACKAGES:

PREP & NOVICE

1 Stunting class
+ 1 Tumbling class
+ 1 Speciality
training class

Additional classes are 50% off!

ELITE 1 & LVL 2 + :

2 Stunting classes
+ 2 Tumbling
classes
+ 1 Speciality
training class

Additional classes are 50% off!

**Please sign into the level you
competed in the 23/24 season*

**Prices are availble on our website*

Season
5 @ Explosion

REGISTRATION FOR CLASSES & TRYOUTS OPENS: APRIL 5TH

explosionlloyd@gmail.com



2024 PLACEMENT PREP CLASSES

*MAY 6 - 31
CLOSED MAY 20TH

MON

TUE

WED

THU

FRI

ELITE ATHLETES

Stunts 1.5 hr + Conditioning 30min	Lvl 1- 4 - 6 pm Lvl 2+ - 5:30 - 7:30 pm		Lvl 2+ - 4 - 6 pm Lvl 1 - 5:30 - 7:30 pm		
Tumbling	7:30 - 8:45 pm	7:30 - 8:45 pm	7:30 - 8:45 pm		Lvl 1- 4 - 5:15 pm
Specialty Training					5:15 - 6:30 pm

PREP & NOVICE ATHLETES

Stunts 1 hr + Conditioning 30min		U8 - 4 - 5:30 pm U12 - 5:30 - 7 pm		U12 - 4 - 5:30 pm U8 - 5:30 - 7 pm	
Tumbling		U12 - 4:15 - 5:30 pm U8 - 5:30-6:45 pm		U8 - 4:15 - 5:30 pm U12 - 5:30-6:45 pm	5:15 - 6:30 pm 6:30 - 7:45 pm
Specialty Training					4:00 - 5:15 pm 6:30 - 7:45 pm



**NOTE: THESE ARE CLASSES TO PREP YOU FOR YOUR UPCOMING TRY-OUT.
THE MORE YOU PUT INTO IT THE MORE YOU GET OUT OF IT.**

