

# EXPLOSION CHEER ACADEMY

## PLACEMENT PREP

Everyone Welcome!

April 4 - May 25

### **Mondays**

(13 yrs & over)

5:30 - 6:30 - Flyer & Base Training

6:30 - 7:30 - Jumps & Flexibility

### **Wednesdays**

(12 years & under)

5:30 - 6:30 - Flyer & Base Training

6:30 - 7:30 - Jumps & Flexibility

**TEAM PLACEMENTS**

**MAY 26**

### **Monday**

(All Ages)

7:30 - 8:45 Tumbling

and/or

### **Wednesday**

(All Ages)

7:30 - 8:45 Tumbling

### **Tuesdays**

(All Ages)

7 - 8 pm Strength Training

and/or

### **Thursdays**

(All Ages)

4:30 - 6:00 Birth Years 2014 - 2017

Please register online at  
[www.explosioncheeracademy.com](http://www.explosioncheeracademy.com)