

CHEER/JUMP

JULY 2010

CAPE ALL STARS capeallstars@hotmail.com
 Cape Cod Cheer Academy
 150 Rosary Lane, Units C & D
 Hyannis, MA 02601 508-790-7827

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	TUESDAY'S TUMBLING 7:30 - 8:30 AM	THURSDAY'S TUMBLING 7:30 - 8:30 AM		1 Mini 4 - 5 Senior L3 5 - 6:30 Advance 6 :30 - 7:30 SR L4 7:30 - 8:30	2 100 Club 7:30 am (Please sign up with Dawn)	3 Int Tumbling 9 - 10
4 CLOSED	5 BHS JV 5 - 6 BHS V 6 - 7	6 Youth 4 - 5:30 Mini 5:30 - 7	7 Beg tumb 3 - 4 Tiny Tots 4 - 5 Jr. High 5 - 6	8 Mini 4 - 5 Senior L3 5 - 6:30 Advance	9 100 Club 7:30 am (Please sign up	10 Int Tumbling 9 - 10
11 Senior Level 4 7 - 8:30	12 BHS JV 5 - 6 BHS V 6 - 7	13 Youth 4 - 5:30 Mini 5:30 - 7 Senior L3 7 - 9	14 Beg tumb 3 - 4 Tiny Tots 4 - 5 Jr. High 5 - 6 Int. Tumble 6 - 7	15 Mini 4 - 5 Senior L3 5 - 6:30 Advance 6 :30 - 7:30	16 100 Club 7:30 am (Please sign up	17 Int Tumbling 9 - 10
18 Senior Level 4 no practice	19 BHS JV 5 - 6 BHS V 6 - 7	20 Youth 4 - 5:30 Mini 5:30 - 7	21 Beg tumb 3 - 4 Tiny Tots 4 - 5 Jr. High 5 - 6 Int. Tumble 6 - 7	22 Mini 4 - 5 Senior L3 5 - 6:30 Advance 6 :30 - 7:30	23 100 Club 7:30 am (Please sign up	24 Int Tumbling 9 - 10
25 Senior Level 4 7 - 8:30	26 BHS JV 5 - 6 BHS V 6 - 7	27 Youth 4 - 5:30 Mini 5:30 - 7 Senior L3 7 - 9	28 Beg tumb 3 - 4 Tiny Tots 4 - 5 Jr. High 5 - 6 Int. Tumble 6 - 7	29 Mini 4 - 5 Senior L3 5 - 6:30 Advance 6 :30 - 7:30	30 100 Club 7:30 am (Please sign up	31 Int Tumbling 9 - 10