

## SM CHEER AND DANCE TRAINING DAYS & TIMES BASSENDEAN 2019

### RECREATIONAL CHEERLEADING

Level / Age	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Tots Cheer</b> Little Dipperz (3.5-5yrs)						10.30-11.30am Display group	
<b>Tiny/Mini Cheer</b> Sparkles (3-8yrs)		4.00-5.00pm					11.00-12.00
<b>Youth/Jnr Cheer</b> Solar (7-14yrs)				5.00-6.00pm			12.00-1.30pm

### FANTASTIC FITNESS, FLEX & STRENGTH (for cheer)

Level / Age	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6yrs+</b>		4.15-5.00pm	4.45-5.30pm	4.15-5.00pm		

### TUMBLE CLASSES

Level / Age	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Tots Tumble</b> (3.5-5yrs)						11.30-12noon	
<b>Level 1</b> (6-12yrs)				4.00-5.00pm		11.00-12noon	
<b>Level 1-2</b> (8-14yrs)		7.00-8.00pm					
<b>Level 2-3</b> (10+)			4.30-5.30pm				
<b>Level 4-5</b> (12+)	6.00-7.00pm						

**Bookings:** Main Office 9276 5028 (9.00am – 3.30pm) Branch 6270 0919 (Below Hours) or Email [info@smcad.com.au](mailto:info@smcad.com.au)

### FRONT DESK (During School Term Only)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3.45pm – 6.00pm	3.45pm – 6.00pm	3.45pm – 6.00pm	3.45pm – 6.00pm	3.45pm – 6.00pm	8.45am – 12.00

## SM CHEER AND DANCE TRAINING DAYS & TIMES BASSENDEAN 2019

### RECREATIONAL DANCE

Age	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Tots Jazz/Ballet</b> Cherubs (3.5-5yrs)						9.15-10.00am
Available for Duo						10.45-11.30am
<b>Tiny/Mini Jazz/Ballet</b> Halo (5-8yrs)						12.15-1.00pm
<b>Youth Jazz/Ballet</b> Nebula (8-12yrs)						10.00-10.45am
<b>Jnr/Snr Jazz/Ballet</b> Strletz (10+yrs)						11.30-12.15pm
<b>Elite Dance Technique</b> (12+yrs)		6.30-7.30pm <i>Must be experienced</i>				

### OPEN GYM

Level / Age	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7yrs+</b> <i>(under 7 must be accompanied by Adult)</i>					5.00-6.30pm	

### TRAMPOLINE & TUMBLE PROGRAM

Level	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Recreational</b>	4.00pm-5.30pm			4.00pm-5.30pm		
<b>4-12yrs</b>	4.00pm-6.00pm			4.00pm-6.00pm		
<b>Team</b> <i>(Invitation Only)</i>	4.00pm-7.00pm	4.00pm-7.00pm		4.00pm-7.00pm		

**Bookings:** Main Office 9276 5028 (9.00am – 3.30pm) Branch 6270 0919 (Below Hours) or Email [info@smcad.com.au](mailto:info@smcad.com.au)

### FRONT DESK *(During School Term Only)*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3.45pm – 6.00pm	3.45pm – 6.00pm	3.45pm – 6.00pm	3.45pm – 6.00pm	3.45pm – 6.00pm	8am – 12.00