

## Spring Specialty classes

*Ultimate Canadian Cheer and Dance*

*Spring 2010*

# Specialty Classes

We are excited that our specialty classes are such a HUGE hit once again! There is no better class for one specific skill at Ultimate. We train specific skills for a full 55 minutes. Instructors use multiple drills to strengthen each athlete's ability to perfect their skills.

The fee is \$15 per class, or on the class card system. There is no need to pre-register.

All specialty classes are from 2:00pm-2:55pm.

### February

- 6 Front and back tucks
- 13 Hip-hop
- 20 Standing Back Handsprings

### March

- 20 Roundoff Back Handsprings

### April

- 17 Twisting Tumbling

