

Millcreek Cheer-n-Dance

# JULY 2010

**Spirits & Heat**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27.	28.	29.	30. Same as usual ☺ <b>Practice for Parade</b> 6-7pm	1. Check the Showcase for our Newspaper Ad ☺	2.	3. <b>4<sup>th</sup> of July Parade...be there</b> between 9-9:30am
4.	5. <b>Cheer Class =</b> 10-11am & 6-7pm <b>Dance Class =</b> 11-noon & 7-8pm <b>*GYMNASTICS*</b> 4-5pm = Adv +Other 5-6pm= Beginners 6-7pm = Intermed.	6..	7. <b>Cheer Class =</b> 10-11am & 6-7pm <b>Dance Class =</b> 11-noon & 7-8pm <b>STUNTING, CHEER</b> <b>BASICS, S &amp; C</b> 4:00-6:00pm <b>Parent Mtg. = 6-7pm</b> (Regis. 4-7pm)	8..	9.	10.
11.	12. <b>Cheer Class =</b> 10-11am & 6-7pm <b>Dance Class =</b> 11-noon & 7-8pm <b>*GYMNASTICS*</b> 4-5pm = Adv +Other 5-6pm= Beginners 6-7pm = Intermed.	13.	14. <b>Cheer Class =</b> 10-11am & 6-7pm <b>Dance Class =</b> 11-noon & 7-8pm <b>STUNTING, CHEER</b> <b>BASICS, STRENGTH</b> <b>+ CONDITIONING</b> 4:00-6:00pm	15.	16.	17.
18. <i>“Possible”</i> Dance Clinic @ Longs this week????  <b>Open Team 6-8pm</b>	19.. <b>Cheer Class =</b> 10-11am & 6-7pm <b>Dance Class =</b> 11-noon & 7-8pm <b>*GYMNASTICS*</b> 4-5pm = Adv +Other 5-6pm= Beginners 6-7pm = Intermed.	20.	21. <b>Cheer Class =</b> 10-11am & 6-7pm <b>Dance Class =</b> 11-noon & 7-8pm <b>STUNTING, CHEER</b> <b>BASICS, STRENGTH</b> <b>+ CONDITIONING</b> 4:00-6:00pm	22.	23.	24. <i>“Possible” Stunt Clinic this weekend</i> (Sat. & Sun.)  <i>*Teams start routine practices in August!</i>
25. <i>“Possible”</i> Stunt Clinic  <b>Open Team 6-8pm</b>	26. <b>Cheer Class =</b> 10-11am & 6-7pm <b>Dance Class =</b> 11-noon & 7-8pm <b>*GYMNASTICS*</b> <b>* Travel Unis Measure</b> 4-5pm = Adv +Other 5-6pm= Beginners 6-7pm = Intermed.	27.	28. <b>Cheer Class =</b> 10-11am & 6-7pm <b>Dance Class =</b> 11-noon & 7-8pm <b>STUNTING, CHEER</b> <b>BASICS, STRENGTH</b> <b>+ CONDITIONING</b> 4:00-6:00pm	29. <b>HEAT Hip-hop</b> <b>Dance Try-outs</b> <b>on Wed., Aug. 4<sup>th</sup></b>  <b>11 &amp; Under = 5-6pm</b> <b>12 &amp; over = 6-7pm</b>		