

DANCE & CHEER

Cheer and Tumbling



Recreational Cheerleading

Does your son or daughter have Windsor Spirit? Join us for a season of great skill building and fun performances on the Windsor Youth Cheerleading Teams. Cheer, dance, stunts, and jumps are taught in a positive and motivating environment, where kids are proven to excel. The winter-spring season is sure to be exciting! The teams will perform at a Colorado Eagles Game and the UNC Cheerleading Showcase. Please Note: Uniforms cost an additional \$85.

Windsor Youth Cheerleading offers three levels of recreational cheerleading teams:

- **Mighty Team** (5 and 6 years old): A fun team experience and introduction to cheerleading.
- **Mega 1 Team** (7 - 12 years old): A skill-focused team introducing cheer, dance, jumps, and stunts.
- **Mega 2 Team** (7 - 12 years old): A skill-focused team for experienced cheerleaders. Mega 1 mastery or proven cheer experience necessary.

Note: All athletes ages 7 - 12 will be skill tested and placed in the appropriate Mega class for their skill level. Some 6-year-old athletes will qualify for Mega 1 depending on experience.

Location: Evergreen Room, Windsor CRC

Age: 5 - 12

Registration Deadline: Open until full

Mighty Team

| | | | | |
|---|------------|---------------|-------|------------|
| W | 1/9 - 3/27 | 4:15 - 5 p.m. | \$175 | #113516.01 |
|---|------------|---------------|-------|------------|

Mega 1 Team

| | | | | |
|---|------------|---------------|-------|------------|
| W | 1/9 - 3/27 | 4 - 4:55 p.m. | \$175 | #113516.02 |
|---|------------|---------------|-------|------------|

Mega 2 Team

| | | | | |
|---|------------|---------------|-------|------------|
| W | 1/9 - 3/27 | 4 - 4:55 p.m. | \$175 | #113516.03 |
|---|------------|---------------|-------|------------|

Cheer Instructor Information

Kelly Moore | Kelly@cheerspiritcolorado.com | 714-501-5781

Recreational Cheerleading (5 - 12 years) | Competitive Cheerleading (5 - 18 years) | Tumbling Classes (5 - 16 years)
Quality Coaches | Patient and Effective Skill Progression | Affordable Options | Fun Opportunities

www.cheerspiritcolorado.com

DANCE & CHEER

Cheer and Tumbling

Wildfires Prep and All Star Competitive Cheerleading

Wildfires is a competitive cheer program for athletes who are looking to take their skills to the next level. Athletes focus on elite competitive routines that include dance, stunts, and tumbling set to energetic and fast-paced music. Wildfires has proven success with high coach-to-athlete ratios, highly qualified coaches, and affordability for families. We accept athletes ages 5 - 18 years old. Both Prep and All Star Teams are formed at tryouts and are based on skill and age.

Winter/Spring Prep Teams: For athletes who are new to competitive cheerleading, are dual athletes, or are looking for a lower time commitment than year-round All Star Cheer Teams, this is a great opportunity to gain first-hand skill and knowledge of the sport in a competitive atmosphere. **Tryouts will be held from 9 a.m. - noon Saturday, Dec. 15.** Teams will perform or compete at CheerSport Denver on March 10.

Time Commitment: 2 - 3 hours of practice per week

ALL Star Teams: For athletes who choose to make cheerleading their primary sport, All Star Teams provide an excellent opportunity to grow competitive skills year-round. Wildfires All Star Cheerleading has proven success in building teams that are proven athletes at competition, bonded teammates in and out of practice, and leaders in the community. The season runs May through March, and we strive to offer athletes balance throughout the season. **Tryouts for the 2019-2020 season will be held from 8 a.m. - noon Saturday, May 11.**

Time Commitment: 5 hours of practice per week, up to seven competitions per season, and approximately three community performances per year

Age: 5 - 18

Registration Deadline: Open until full



Prep Team Tryouts and Parent Meeting

Location: Evergreen Room, Windsor CRC

| | | | | |
|---|-------|------------|------|------------|
| W | 12/19 | 5 - 7 p.m. | \$45 | #113517.01 |
|---|-------|------------|------|------------|

Prep Team Practices

Location: Mountain View Elementary

| | | | | |
|-------|------------|---------------|----------|------------|
| T, Th | 1/8 - 3/31 | 4:30 - 6 p.m. | \$135/mo | #113517.03 |
|-------|------------|---------------|----------|------------|

Mini-Prep Team Practices

Location: Evergreen Room, Windsor CRC

| | | | | |
|------|------------|------------------|----------|------------|
| M, W | 1/8 - 3/31 | 5:15 - 6:15 p.m. | \$110/mo | #113517.04 |
|------|------------|------------------|----------|------------|

2018-19 All Star Competition Team Tryouts

Location: Auxiliary Gymnasium, Windsor CRC

| | | | | |
|----|------|---------------|------|------------|
| Sa | 5/11 | 8 a.m. - Noon | \$45 | #113517.02 |
|----|------|---------------|------|------------|

Wildfires strives to be one of the most affordable competitive cheer programs in Colorado. For additional team costs, please contact Kelly Moore at 970-460-6143.



Cheer and Tumbling Skill Clinic

Spring is the perfect time to improve skills! Beginner through advanced athletes are welcome at this four-week clinic. We will focus on technique, flexibility, motions, jumps, and tumbling. We are committed to helping athletes progress at every practice. Coaches will be staffed to maintain a quality coach-to-athlete ratio.

- **Beginner Level Skills:** No experience through cartwheel and standing back bend
- **Intermediate Level:** Backbend kickovers, round off, front and back walkovers
- **Advanced:** Back handspring, back tucks

Note: To advance in level, athletes must show coaches that they have mastered the previous level skills with safety, precision, and good technique.

Location: Evergreen Room, Windsor CRC

Age: 6 - 18

Registration Deadline: Open until filled

Beginner

| | | | | |
|---|-------------|------------|------|------------|
| W | 4/24 - 5/15 | 4 - 5 p.m. | \$55 | #113518.01 |
|---|-------------|------------|------|------------|

Intermediate

| | | | | |
|---|-------------|------------|------|------------|
| W | 4/24 - 5/15 | 5 - 6 p.m. | \$55 | #113518.02 |
|---|-------------|------------|------|------------|

Advanced

| | | | | |
|---|-------------|------------|------|------------|
| W | 4/24 - 5/15 | 6 - 7 p.m. | \$55 | #113518.03 |
|---|-------------|------------|------|------------|



Tumbling

Tumbling class teaches athletes foundational gymnastics skills, such as cartwheels, back walkovers, and back handsprings. Head Coach Krysten Guse has more than 20 years of experience as a gymnast and coach through level nine gymnastics skills. She is excited to coach athletes through tumbling progressions and skills while focusing on safety, technique, and growth. Whether your athlete is looking to learn skills for cheerleading or simply to know the skill for fun, Krysten is committed to helping athletes progress at every practice. Additional coaches are staffed to maintain a quality coach-to-athlete ratio.

- **Beginner Level Skills:** No experience through cartwheel and standing back bend
- **Intermediate Level:** Backbend kickovers, round off, front and back walkovers
- **Advanced:** Back handspring, back tucks

Note: To advance in level athletes must show coaches that they have mastered the previous level skills with safety, precision, and good technique.

Location: Evergreen Room, Windsor CRC

Age: 6 - 18

Registration Deadline: Open until filled

Beginner

| | | | | |
|---|-------------|---------------|-------|------------|
| W | 1/17 - 4/25 | 5 - 5:55 p.m. | \$175 | #113519.01 |
|---|-------------|---------------|-------|------------|

Intermediate

| | | | | |
|---|-------------|------------------|-------|------------|
| M | 1/17 - 4/25 | 4:15 - 5:15 p.m. | \$175 | #113519.03 |
|---|-------------|------------------|-------|------------|

Advanced

| | | | | |
|---|-------------|---------------|-------|------------|
| W | 1/17 - 4/25 | 6 - 6:55 p.m. | \$185 | #113519.02 |
|---|-------------|---------------|-------|------------|

DANCE & CHEER

Ballet

Northern Colorado Dance, Classical Ballet

Classical Ballet Technique for Dancers age 3+ focuses on the joy of learning pre-ballet and classical ballet in a structured setting with a studio atmosphere of progressive, continued study through the semester and year. New students are welcome at any time. This class is taught by a professional instructor of 25+ years. Performance opportunities are available in the spring and fall semesters. Tap classes are available upon request with a minimum of five students age 6 and older. Contact Deneice Dyer at lildancersgw@gmail.com for more information.

Pre-Ballet I

Location: Willow / Oak Rooms, Windsor CRC

Age: 3 - 4

Registration Deadline: Thursday prior

| | | | | |
|----|-------------|------------------|------|------------|
| W | 1/9 - 1/30 | 5 - 5:45 p.m. | \$45 | #113534.01 |
| W | 2/6 - 2/27 | 5 - 5:45 p.m. | \$45 | #113534.02 |
| W | 3/6 - 3/27 | 5 - 5:45 p.m. | \$45 | #113534.03 |
| W | 4/10 - 5/1 | 5 - 5:45 p.m. | \$45 | #113534.04 |
| W | 5/8 - 5/29 | 5 - 5:45 p.m. | \$45 | #113534.05 |
| Th | 1/10 - 1/31 | 8:30 - 9:15 a.m. | \$45 | #113534.06 |
| Th | 2/7 - 2/28 | 8:30 - 9:15 a.m. | \$45 | #113534.07 |
| Th | 3/7 - 3/28 | 8:30 - 9:15 a.m. | \$45 | #113534.08 |
| Th | 4/11 - 5/2 | 8:30 - 9:15 a.m. | \$45 | #113534.09 |
| Th | 5/9 - 5/30 | 8:30 - 9:15 a.m. | \$45 | #113534.10 |

Pre-Ballet II

Location: Willow / Cypress Rooms, Windsor CRC

Age: 4.5 - 5

Registration Deadline: Thursday prior

| | | | | |
|---|------------|------------------|------|------------|
| M | 1/7 - 1/28 | 5:45 - 6:30 p.m. | \$45 | #113535.01 |
| M | 2/4 - 2/25 | 5:45 - 6:30 p.m. | \$45 | #113535.02 |
| M | 3/4 - 3/25 | 5:45 - 6:30 p.m. | \$45 | #113535.03 |
| M | 4/8 - 4/29 | 5:45 - 6:30 p.m. | \$45 | #113535.04 |

| | | | | |
|---|------------|------------------|------|------------|
| M | 5/6 - 5/20 | 5:45 - 6:30 p.m. | \$35 | #113535.05 |
| W | 1/9 - 1/30 | 5:45 - 6:30 p.m. | \$45 | #113535.06 |
| W | 2/6 - 2/27 | 5:45 - 6:30 p.m. | \$45 | #113535.07 |
| W | 3/6 - 3/27 | 5:45 - 6:30 p.m. | \$45 | #113535.08 |
| W | 4/10 - 5/1 | 5:45 - 6:30 p.m. | \$45 | #113535.09 |
| W | 5/8 - 5/29 | 5:45 - 6:30 p.m. | \$45 | #113535.10 |

Pre-Ballet III

Location: Willow Room, Windsor CRC

Age: 5.5 - 6

Registration Deadline: Thursday prior

| | | | | |
|---|------------|---------------|------|------------|
| M | 1/7 - 1/28 | 5 - 5:45 p.m. | \$45 | #113536.01 |
| M | 2/4 - 2/25 | 5 - 5:45 p.m. | \$45 | #113536.02 |
| M | 3/4 - 3/25 | 5 - 5:45 p.m. | \$45 | #113536.03 |
| M | 4/8 - 4/29 | 5 - 5:45 p.m. | \$45 | #113536.04 |
| M | 5/6 - 5/20 | 5 - 5:45 p.m. | \$35 | #113536.05 |

Ballet I/II

Location: Willow / Cypress Rooms, Windsor CRC

Age: 7 - 11

Registration Deadline: Thursday prior

| | | | | |
|---|------------|------------|------|------------|
| M | 1/7 - 1/28 | 4 - 5 p.m. | \$48 | #113537.01 |
| M | 2/4 - 2/25 | 4 - 5 p.m. | \$48 | #113537.02 |
| M | 3/4 - 3/25 | 4 - 5 p.m. | \$48 | #113537.03 |
| M | 4/8 - 4/29 | 4 - 5 p.m. | \$48 | #113537.04 |
| M | 5/6 - 5/20 | 4 - 5 p.m. | \$38 | #113537.05 |
| W | 1/9 - 1/30 | 4 - 5 p.m. | \$48 | #113537.06 |
| W | 2/6 - 2/27 | 4 - 5 p.m. | \$48 | #113537.07 |
| W | 3/6 - 3/27 | 4 - 5 p.m. | \$48 | #113537.08 |
| W | 4/10 - 5/1 | 4 - 5 p.m. | \$48 | #113537.09 |
| W | 5/8 - 5/29 | 4 - 5 p.m. | \$48 | #113537.10 |

Ballet V / VI / Pointe

Location: Willow / Cypress Rooms, Windsor CRC

Age: 12+

Registration Deadline: Thursday prior

| | | | | |
|------|-------------|------------------|-------|-------------|
| M, W | 1/7 - 1/30 | 6:30 - 8:30 p.m. | \$132 | #113538.01* |
| M, W | 2/4 - 2/27 | 6:30 - 8:30 p.m. | \$132 | #113538.02* |
| M, W | 3/4 - 3/27 | 6:30 - 8:30 p.m. | \$132 | #113538.03* |
| M, W | 4/1 - 4/24 | 6:30 - 8:30 p.m. | \$132 | #113538.04* |
| M, W | 4/29 - 5/22 | 6:30 - 8:30 p.m. | \$132 | #113538.05* |

*Teacher approval required prior to registration