



Haven Cheer and Gymnastics

JULY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>ALL-STAR CHEER VACATION WEEK NO ALL-STAR CHEER TEAM PRACTICES</p> <p>30</p>	<p>1</p> <p>10:30-1:00 – XCEL SILVER & GOLD 1:30-3:30 – XCEL BRONZE 4:30-5:30 – GYMNASTICS 101/102 5:30-6:30 – XCEL GYMNASTICS</p>	<p>2</p> <p>10:00-11:00 – ROLL TOT 11:00-12:00 – GYM TOT 12:00-1:00 – KINDER TOT 1:00-2:00 – GYMNASTICS 101 1:00-2:00 – TUMBLING 101 4:00-5:00 – TINY TUMBLE 4:30-6:00 – PETITIES PREP 4:30-6:00 – XCEL PREP 5:00-6:00 – TUMBLE 101 6:00-7:00 – TUMBLE 102 6:00-7:00 – GYM TOT 6:00-7:00 – KINDER TOT 7:00-8:00 – TUMBLING 101 7:00-8:00 – DANCE EXPLORATION</p>	<p>3</p> <p>9:00-11:00 – XCEL BRONZE 11:00-1:30 – XCEL SILVER/GOLD 12:00-1:00 – FLEX & FLY CLASS 1:00-2:00 – TUMBLING 103 5:00-6:00 – ROLL TOT 6:00-7:00 – KINDER TOT 7:00-8:00 – TINY TUMBLE 7:00-8:00 – FLEX & FLY CLASS</p>	<p>4</p> <p></p>	<p>5</p>	<p>6</p> <p>PRIVATE LESSONS 10AM-2:00PM</p>
<p>XCEL GYMNASTICS CAMP WEEK</p> <p>7</p>	<p>8</p> <p>9:00-12:00 – XCEL GYM CAMP 9:00-1:30 – XCEL GOLD CAMP 2:00-3:30 – SUNKISSED 3:30-5:00 – RIO 4:30-5:30 – JETSET 5:00-6:30 – HAVANA 5:30-6:30 – FIRST CLASS 6:30-8:00 – BALI</p>	<p>9</p> <p>9:00-12:00 – XCEL GYM CAMP 9:00-1:30 – XCEL GOLD CAMP 10:00-11:30 – BLUE OASIS 11:30-1:00 – SWEET ESCAPE 4:30-6:00 – XCEL PREP 6:00-7:00 – ZUMBA w/ Coach Janelle \$10/Class</p>	<p>10</p> <p>9:00-12:00 – XCEL GYM CAMP 9:00-1:30 – XCEL GOLD CAMP 12:00-1:00 – FLEX & FLY CLASS 2:00-4:00 – BAHAMA 4:00-6:00 – BLUE OASIS 6:00-8:00 – SWEET ESCAPE 7:00-8:00 – FLEX & FLY CLASS</p>	<p>11</p> <p>9:00-12:00 – XCEL GYM CAMP 9:00-1:30 – XCEL GOLD CAMP 11:00-1:00 – SUNKISSED 1:00-3:00 – RIO 3:00-5:00 – HAVANA 3:00-4:30 – BAHAMA 4:30-5:30 – ISLAND CRUSH 5:00-7:00 – BALI 5:30-6:30 – MAUI 7:00-8:00 – LAGUNA</p>	<p>12</p> <p>9:00-12:00 – XCEL GYM CAMP 9:00-1:30 – XCEL GOLD CAMP</p>	<p>13</p> <p>PRIVATE LESSONS 10AM-2:00PM</p>
<p>ALL-STAR CHEER CHOREO WEEK</p> <p>14</p> <p>9:30-1:00PM – BLUE OASIS 1:30-5:00PM – BAHAMA 5:30-9:00PM – SUNKISSED</p>	<p>15</p> <p>CHOREOGRAPHY FREE DUE 9:30-1:00PM – BLUE OASIS 1:30-5:00PM – BAHAMA 5:30-9:00PM – SUNKISSED 4:30-5:30 – JETSET 5:30-6:30 – FIRST CLASS</p>	<p>16</p> <p>9:30-1:00PM – BLUE OASIS 1:30-5:00PM – BAHAMA 5:30-9:00PM – SUNKISSED</p>	<p>17</p> <p>9:30-1:00PM – RIO 1:30-5:00PM – BALI 1:30-5:00PM – SWEET ESCAPE 5:30-9:00PM – HAVANA</p>	<p>18</p> <p>9:30-1:00PM – RIO 1:30-5:00PM – BALI 1:30-4:30* – SWEET ESCAPE 4:30-5:30 – ISLAND CRUSH 5:30-6:30 – MAUI 5:30-9:00PM – HAVANA 7:00-8:00 – LAGUNA</p>	<p>19</p> <p>9:30-1:00PM – RIO 1:30-5:00PM – BALI 1:30-5:00PM – SWEET ESCAPE 5:30-9:00PM – HAVANA</p>	<p>20</p> <p>PRIVATE LESSONS 10AM-2:00PM</p>
<p>21</p>	<p>22</p> <p>10:30-1:00 – XCEL SILVER & GOLD 1:30-3:30 – XCEL BRONZE 2:00-3:30 – SUNKISSED 3:30-5:00 – RIO 4:30-5:30 – JETSET 4:30-5:30 – GYMNASTICS 101/102 5:30-6:30 – XCEL GYMNASTICS 5:00-6:30 – HAVANA 5:30-6:30 – FIRST CLASS 6:30-7:30 – DANCE EXPLORATION 6:30-8:00 – BALI</p>	<p>23</p> <p>10:00-11:00 – ROLL TOT 10:00-11:30 – BLUE OASIS 11:00-12:00 – GYM TOT 11:30-1:00 – SWEET ESCAPE 12:00-1:00 – KINDER TOT 1:00-2:00 – GYMNASTICS 101 1:00-2:00 – TUMBLING 101 4:00-5:00 – TINY TUMBLE 4:30-6:00 – PETITIES PREP 4:30-6:00 – XCEL PREP 5:00-6:00 – TUMBLE 101 6:00-7:00 – TUMBLE 102 6:00-7:00 – GYM TOT 6:00-7:00 – KINDER TOT 7:00-8:00 – TUMBLE 101/PRINCESS/PIXAR</p>	<p>24</p> <p>9:00-11:00 – XCEL BRONZE 11:00-1:30 – XCEL SILVER/GOLD 12:00-1:00 – FLEX, JUMP & FLY 1:00-2:00 – TUMBLING 103 2:00-4:00 – BAHAMA 4:00-5:00 – TUMBLE TOT 4:00-6:00 – BLUE OASIS 5:00-6:00 – ROLL TOT 6:00-8:00 – SWEET ESCAPE 6:00-7:00 – KINDER TOT 7:00-8:00 – FLEX, JUMP & FLY 7:00-8:00 – TINY TUMBLE</p>	<p>25</p> <p>9:00-11:30 – XCEL GOLD 11:00-1:00 – SUNKISSED 1:00-3:00 – RIO 3:00-5:00 – HAVANA 3:00-4:30 – BAHAMA 4:30-5:30 – ISLAND CRUSH 5:00-7:00 – BALI 5:30-6:30 – MAUI 7:00-8:00 – LAGUNA</p>	<p>26</p> <p>TUMBLING CLINIC 10:30AM-1:30PM OPEN TO THE PUBLIC</p>	<p>27</p> <p>PRIVATE LESSONS 10AM-2:00PM</p>
<p> <i>Cheer, Dance & Gymnastics</i> Kennywood Day</p> <p>28</p>	<p>29</p> <p>10:30-1:00 – XCEL SILVER & GOLD 1:30-3:30 – XCEL BRONZE 2:00-3:30 – SUNKISSED 3:30-5:00 – RIO 4:30-5:30 – JETSET 4:30-5:30 – GYMNASTICS 101/102 5:30-6:30 – XCEL GYMNASTICS 5:00-6:30 – HAVANA 5:30-6:30 – FIRST CLASS 6:30-7:30 – DANCE EXPLORATION 6:30-8:00 – BALI</p>	<p>30</p> <p>10:00-11:00 – ROLL TOT 10:00-11:30 – BLUE OASIS 11:00-12:00 – GYM TOT 11:30-1:00 – SWEET ESCAPE 12:00-1:00 – KINDER TOT 1:00-2:00 – GYMNASTICS 101 1:00-2:00 – TUMBLING 101 4:00-5:00 – TINY TUMBLE 4:30-6:00 – PETITIES PREP 4:30-6:00 – XCEL PREP 5:00-6:00 – TUMBLE 101 6:00-7:00 – TUMBLE 102 6:00-7:00 – GYM TOT 6:00-7:00 – KINDER TOT 7:00-8:00 – TUMBLE 101/PRINCESS/PIXAR</p>	<p>9:00-11:00 – XCEL BRONZE 11:00-1:30 – XCEL SILVER/GOLD 12:00-1:00 – FLEX, JUMP & FLY 1:00-2:00 – TUMBLING 103 2:00-4:00 – BAHAMA 4:00-5:00 – TUMBLE TOT 4:00-6:00 – BLUE OASIS 5:00-6:00 – ROLL TOT 6:00-8:00 – SWEET ESCAPE 6:00-7:00 – KINDER TOT 7:00-8:00 – FLEX, JUMP & FLY 7:00-8:00 – TINY TUMBLE</p>	<p>9:00-11:30 – XCEL GOLD 11:00-1:00 – SUNKISSED 1:00-3:00 – RIO 3:00-5:00 – HAVANA 3:00-4:30 – BAHAMA 4:30-5:30 – ISLAND CRUSH 5:00-7:00 – BALI 5:30-6:30 – MAUI 7:00-8:00 – LAGUNA</p>	<p>2</p>	<p>3</p>

HAVEN GYMNASTICS & TUMBLING SUMMER SESSIONS:
5-WEEK CLASS SESSIONS
SESSION I – JUNE 3RD – JULY 5TH*
SESSION II – JULY 22ND – AUGUST 23RD