



Also Available at X-Cel

Why X-CEL Athletics?

The objective of X-Cel Athletics Cheer and Tumble Academy is to build a better athlete by providing continual progressions through correct fundamental teaching procedures. Stressing the importance of proper conditioning through exercise and fitness, we can help maintain a safe, healthy and pleasant environment for the entire family. We will provide students with a rewarding and enjoyable experience while building self-esteem. We help each child strive to learn and perfect new skills at his or her own pace. Our mission is to provide an outstanding facility and equipment with an expert staff to train students. The X-CEL Athletics coaching team is made up of 25 coaches that are highly trained in the areas of health, fitness, and cheerleading. In addition, all of X-CEL Athletics' coaches have many credentials and certifications, and the gym is operating under the USASF rules. With a combined total of over 200 years in coaching, our athletes will benefit and excel from the experience and knowledge we have to offer.



Camps and Services

Our camps are held during vacation times when schools not in session. We provide summer camps, winter camps and camps specific to the CUSTOMERS NEEDS. X-Cel will often send its instructors out into the community to provide enrichment for cheer and/or tumble skills. We also can provide choreography, music, or just a space to practice. Not what you're looking for? That's ok, calls us and we are sure our friendly staff will meet whatever you need have!! X-Cels camps combine physical activity, skill progression and an overall fun time!! We even provide arts, crafts and special events (always age/developmentally appropriate). We also offer flexible scheduling options allow you to sign up for several weeks, a single week or even just a day at a time. Sound like fun? Of course it is! We will see you at the gym! Call the gym for further information on prices.

Special Needs Team:

This team performs at 8 competitions throughout the season. This is an opportunity to encourage life and movement through a sensational sport. Special Needs Athletes benefit from their time together at practice and their work improving themselves. Not only do they stimulate their social and motor skills but the thrill of performance is a special memory to all of us. The team practices one hour a week and works on every aspect of an all-star cheer routine. They work with other athletes from the X-CEL All-Star teams. The X-Cel coaches also have either USASF coaching credentials and/or trained in the area of working with children with disabilities. Cost is \$20 per month. There is also uniform and shoe cost.

Birthday Bash:

Your group will have the whole place to yourselves with games, music and fun activities created especially for your birthday kid. Our trained instructors will lead all the fun and will handle everything from setup to cleanup, which means you get to go home to a clean, quiet house when all the fun is done. It's no surprise that many parents tell us an Awesome Birthday Bash is a big wish come true for them, too. Birthday parties last 120 minutes and are \$150 for the first 15 children. Each additional child is \$10 each.

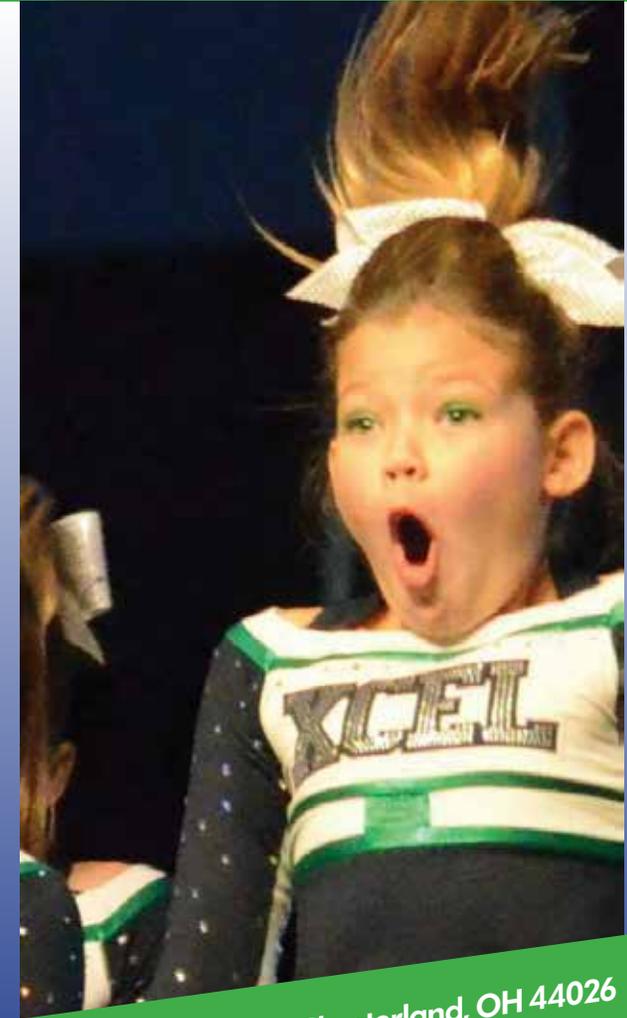
PRIVATE LESSONS:

Private lessons are open to any and all athletes. Each private lesson is 30 minutes long and it can be a one on one lesson with your child and the instructor or it can be up to two athletes with an instructor. Private lessons are available for both tumbling and stunting and can be booked by calling the gym directly. We also offer hour long sessions.

Tumbling Private (1 athlete) – \$25.00 per half hour
 Stunting Private (1 athlete) – \$35.00 per half hour
 1 hour Tumbling Private (1 athlete) - \$45 per hour
 1 hour Stunting Private (1 athlete) - \$65 per hour

Floor Rental:

We also rent out the spring floor to school teams. Please call for more information.



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Classes Offered

All Star Cheerleading:

It is our goal to be the very best All-star program in the area, if not the country. Each and every family is important to our program and us. We invite you to come and see what is like to be a part of X-Cel by joining our very successful all- star program that to date holds 200 and counting titles and specialty awards in only 2 years!! Going into our 4th season we are looking to expand X-Cel All star program by taking our traveling teams to the most elite competitions and bettering our gym through expansion and progression. We offer programs for athletes with no experience to our level 5 athletes with years of experience.

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Preschool/Mommy and Me:

At X-Cel Athletics, we have broken down our program into themed, multi-week sessions that help to ensure a natural, safe progression of skills. In each Session, physical activity is a conduit for learning about turn taking, physical fitness and socialization with peers. Our goal is to have each child leave our program with self- confidence and a big smile! Each 8 week session cost \$120.00

Recreational cheer:

Our mission for our is to provide life experiences and memories to carry on throughout their lives, through the sport of competitive cheerleading. Our goal every day is to teach our athletes values of commitment, hard work, integrity, leadership, self confidence, positive attitude and a love for the sport. It is our goal to be the very best All-star program in the area, if not the country. Each and every family is important to us and our program. We invite you



Please Note: Double Teamers only pay one monthly tuition (it is the higher of the tuition for the teams that they are on) (it can include cheer to cheer, cheer to dance, or dance to dance). They do need to pay competition cross over fees.

to come and see what is like to be a part of X-Cel by participating in the class based curriculum that participates in our exhibitions only! \$70.00 Per Month for ages 8 and up (2 hours of practice/week) \$65.00 Per Month for ages 7 and under (1.5 hours of practice/week)-There is a small cost for the exhibitions. Athletes must purchase X-Cel shorts and tank tops (\$30 for the set)

Half Year Competition Teams

Our half year local teams will run on a half year schedule. This is a limited travel, limited cost program that mirrors our all stars. Our mission is to provide life experiences and memories to carry on throughout their lives, through the sport of competitive cheerleading. Our goal every day is to teach our athletes values of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for the sport. It is our goal to be the very best All-star program in the area, if not the country. Each and every family is important to our program and us. We invite you to come and see what is like to be a part of X-Cel by participating in the class-based curriculum that goes from October-March. Evaluations are in September. \$80 per month includes a two hour practice and an hour tumbling each week, with an extra practice right before competitions.

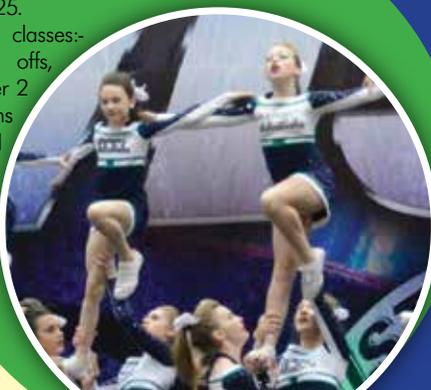
Cheer Zone Class:

This is a once weekly class offered at X-Cel Athletics. It runs in four 8-week sessions (winter, summer, spring, fall). We offer a Saturday Morning class at 9:30 and goes until 10:30, in addition to a weekday class at 7:30 on Wednesdays. Here, athletes will be introduced to motions, jumps, tumbling and stunting techniques. Join for a one-day a week class or come for both days in the week to maximize your potential!! We will see you at Cheer and Tumble class!!

Tumbling Classes and Passes:

Weekly tumbling classes are offered at X-Cel Athletics. It runs in monthly sessions. A class once a week for one hour is \$55 per month. You can buy an unlimited pass for the month or sign up for a session. The unlimited pass is by the month and is \$100. Summer Unlimited (June, July and August) is \$225.

We have the following classes:-
Beginner (walkover, round offs, cartwheels)-Level 1 -Beginner 2 (handspring and connections to handsprings)- Level 2 -Intermediate (tucks and tuck variations)-Level 3 -Advanced (layout and layout variations)- Level 4-Elite (full twist and more!)-Level 5



Flight School:

This class is for athletes that are flying on a team or want to learn how to fly. It helps with flexibility, balance and proper technique when pulling body positions. The cost is \$5 a class or \$25 per month.

Open Gym:

Open gym is offered when there is availability in the gym. Open gym is an opportunity for athletes to practice their existing tumbling and stunting skills. There is no formal instruction during open gym. The cost is \$5 for members and \$7 for non-members.

Dance:

It is our goal to provide a competitive program in the areas of Hip-Hop, Lyrical and Jazz. We will accept all ages from 3-18 on a competitive team. Athletes will practice twice a week for 90 minutes, with an hour of tumbling included. Cost is \$90 per month

Competitive Synchronized Tumbling Team:

This team is for athletes that just want to tumble! Practices are 2 hours each 2 times a week. This is a team that will compete at 4 different events, which includes a big year end event. The cost is \$110 per month. The season starts in September.

Parent Survival Night:

Parents call it a break from the kids. Kids call it a break from their parents. That sounds like a win-win situation to us. Our Parents' Survival Nights out let you enjoy some adult time to see a movie, catch up with friends or enjoy a meal without having to worry about who will be with your children. Our trained staff provides excellent care while getting some quality "kid time" in a safe, fun, familiar place with trained instructors who lead them through games and music-filled activities. We schedule Parents' Survival Nights out for select Friday and Saturday evenings. Spots fill quickly, so book your night off today! Cost is \$10 for the first sibling and \$7 for each additional sibling.

Parent All Star Team:

Join in the fun of All-Star Cheerleading. This team practices twice a month and performs at 5 times throughout the season. Cost is \$10 a month. Must also pay the Annual Insurance fee.

**Annual Registration/Insurance fee is \$38
Siblings receive a 10% discount**

