



Registration details can be found under the Membership Tab on our website:

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info@cycmail.org

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Academic Excellence

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tutoring/Homework	6-18	3:00-8:00	3:00-8:00	2:00-8:00	3:00-8:00		

Basketball

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6-8	3:30-4:15	6:30-7:15	5:30-6:15	4:30-5:15		
	9-10	5:30-6:15	4:30-5:15	3:30-4:15	6:30-7:15	3:30-4:15	
	11-13	4:30-5:15	5:30-6:15	6:30-7:15	3:30-4:15	4:30-5:15	
	14+	6:30-7:15		4:30-5:15	5:30-6:15		
Girls Only	11 +		3:30-4:15				
Open Gym	6-17					5:15-7:00	

Boxing

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6-7	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00		
	8-13	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30		
	14+	6:00-9:00	6:00-9:00	6:00-9:00	6:00-9:00		



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Cheer

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginner	3-4	3:00-3:30		3:00-3:30	3:00-3:30		
	5-6	3:30-4:15	4:30-5:15	3:30-4:15			
				4:30-5:15			
	7+	3:30-4:15		3:30-4:15	3:30-4:15		
		4:30-5:15	4:30-5:15	4:30-5:15			
	10+	5:30-6:15					
Intermediate*	7+		3:30 - 4:15		4:30-5:15		
Beginner Stunt	7+	6:30-7:15					
Advanced Stunt*	7+			6:30-7:15			
Flexibility	7+		3:30-4:15				
Jump	7+			5:30-6:15			
Level 1 Tumbling	7-14						9:00-9:45
Level 2 Tumbling*	7-14						10:00-10:45
High School Open Gym	14+			7:30-8:30			
High School Stunt	14+						11:00-11:45
High School Tumbling	14+	7:30-8:30					

* Requires Coaches Approval



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Cheer Competitive Team

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Astro Angels		6:15-7:30		6:15-7:30			
Cosmic Crew			5:15-6:30		5:15-6:30		
Galaxy Girls			6:30-7:45		6:30-7:45		
Super Novas			4:30-6:00		4:30-6:00		
Junior Eclipse		5:00-6:30		5:00-6:45			
Lunar Strike			5:45-7:30		5:45-7:30		
Prep Tumbling	Level 1					3:45-4:30	
	Level 1+					3:45-4:30	
Elite Tumbling	Level 1+				3:45-4:30		
	Level 2+			4:15-5:00			
	Level 3+	4:15-5:00					
Flyers*		4:15-5:00					

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Dance

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Creative Movement	3-4	2:30-3:15		2:30-3:15		2:30-3:15	
Intro to Ballet	5-6			3:30-4:15			
Ballet 1	7-9			4:30-5:30			
Ballet 2	10+			5:30-6:30			
Ballet 3*				6:30-7:45			
Intro to Hip Hop	5-6					3:30-4:15	
Hip Hop 1	7-9					4:30-5:30	
Hip Hop 2*	10+					5:30-6:30	
Hip Hop 3*						6:30-7:30	
Intro to Jazz	5-6		3:30-4:15				
Jazz 1	7-9		4:30-5:30				
Jazz 2	10+		5:30-6:30				
Intro Modern	5-6				3:30-4:15		
Modern 1	7-9				4:30-5:25		
Modern 2	10+				5:30-6:25		
Intro to Tap	5-6	3:30-4:15					
Tap 1	7-9	4:30-5:30					
Tap 2	10+	5:30-6:30					

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Gymnastics

CLASS (1x per week)	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent & Tot	2						9:00-9:30
							9:45-10:15
Tiny Tots	3		3:30-4:00	3:30-4:00	1:45-2:15	1:45-2:15	10:30-11:00
Tumble Tots	4-5	3:30-4:10	4:30-5:10	1:30-2:10	2:30-3:10	2:30-3:10	11:15-11:55
		4:30-5:10	5:30-6:10	2:30-3:10	3:30-4:10	3:30-4:15	
		5:30-6:10		4:30-5:10	4:30-5:10	4:30-5:15	
				5:30-6:10	5:30-6:10		
School Age	6+	3:30-4:15	3:30-4:15	3:30-4:15	3:30-4:15	3:30-4:15	10:15-11:00
		4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15	11:15-12:00
		5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	
		6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15		
Teen	13+		6:30-7:15				

Judo

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7-10			7:00-8:30		7:00-8:30	
	11+		7:30-9:00		7:30-9:00		
	7-18						9:00-10:30



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Soccer

Class	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soccer (1x per week)	3-4		1:00-1:30		1:00-1:30		
			1:35-2:05				
	5-6	3:30-4:15	3:30-4:15	3:30-4:15	3:30-4:15		
		4:30-5:15		4:30-5:15			
Soccer (2x per week)	7-8	3:30-4:15	3:30-4:15	3:30-4:15	3:30-4:15		
		4:30-5:15		4:30-5:15			
	9-10	5:30-6:15	4:30-5:15	5:30-6:15	4:30-5:15		
	11-13		6:30-8:00		6:30-8:00		
	14+	6:30-8:00		6:30-8:00			
Girls Only	11-14		4:30-5:15				
Goalkeeping	9+				5:30-6:15		
Futsal	8-12						9:30-10:15
							10:30-11:15
3v3 Academy	6+					3:30-5:00	



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Strength & Conditioning

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-2x per week	8-13	3:30-4:15	3:30-4:15	3:30-4:15	3:30-4:15		
		4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15		
	14+	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15		
		5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15		



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Swim

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Level 1 (4x per week)	3-5	3:45-4:15	3:45-4:15		3:45-4:15	3:45-4:15	
		4:45-5:15	4:45-5:15		4:45-5:15	4:45-5:15	
Level 2 (4x per week)	3-5	3:45-4:15	3:45-4:15		3:45-4:15	3:45-4:15	
		4:45-5:15	4:45-5:15		4:45-5:15	4:45-5:15	
		5:30-6:00	5:30-6:00		5:30-6:00	5:30-6:00	
Level 3 (4x per week)	5-7	3:45-4:15	3:45-4:15		3:45-4:15	3:45-4:15	
		4:45-5:15	4:45-5:15		4:45-5:15	4:45-5:15	
		5:30-6:00	5:30-6:00		5:30-6:00	5:30-6:00	
		6:15-6:45	6:15-6:45		6:15-6:45	6:15-6:45	
Level 4 (4x per week)	7-12	5:30-6:00	5:30-6:00		5:30-6:00	5:30-6:00	
		6:15-6:45	6:15-6:45		6:15-6:45	6:15-6:45	
Class A (4x per week)	12+	7:00-7:30	7:00-7:30		7:00-7:30	7:00-7:30	
Class B (4x per week)	12+	7:00-7:30	7:00-7:30		7:00-7:30	7:00-7:30	
Private Lessons*				3:45-4:15			9:30-10:00
				4:30-5:00			10:10-10:35
				5:15-5:45			10:45-11:15
				6:00-6:30			11:25-11:55

*email Coach at cthompson@cycmail.org with month, day and time desired



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Taekwondo

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White Belts	6+	3:30-4:15	6:30-7:15	3:30-4:15	6:30-7:15	3:30-4:15	
Color Belts	6+	4:30-5:15	3:30-4:15	4:30-5:15	3:30-4:15	4:30-5:15	
		5:30-6:15	4:30-5:15	5:30-6:15	4:30-5:15	5:30-6:15	
		6:30-7:15	5:30-6:15	6:30-7:15	5:30-6:15	6:30-7:15	

Wrestling

CLASS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White Shirt (1x per week)	5-7				3:30-4:15		9:00-9:45
	8-10		3:30-4:15			3:30-4:15	
White & Yellow (2x per week)	7-10	3:30-4:15		3:30-4:15			
Light Blue Shirt (K5 Int)*		4:30-5:30		4:30-5:30			
Light Blue Shirt (MS)*			4:30-6:00		4:30-6:00		
MS L1 (White)	11-14		4:30-6:00		4:30-6:00		
Red Shirt*		4:30-5:30		4:30-5:30		4:30-5:30	
Royal Blue & MS L2 (Navy)*		6:00-7:30		6:00-7:30	6:00-7:30		
High School Open Mat*							10:00-11:30
High School Folk Style	14-19		4:30-6:00		4:30-6:00		

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