

Updated 12/01/16



Liberty *Cheer *Gymnastics*Dance*Tumble
Fall Schedule Starts August 15, 2016-May 2017

*(**Indicates All -Star Cheer ONLY practices/classes "all inclusive")*

Monday:

4:30-8pm-

Gymnastics Plat/6 & Gold -Jennifer/Lynn

****4:15-5:00pm *Stretch/Flyers-Cassity**

5:00-6:00pm-

Rec. Tumble Lev 1 Jr/Sr (Leroy)

5:00-6:00pm-

Rec. Gymnastics 5-7yrs (Candy)

5:00-6:00pm-

Non Competitive Cheer 3-9yrs -(Laura/Brianna)

****5:00-6:30pm-**

****Tiny 1 Prep & Team Tumble -Amie/Kaityn/Shannon(F1)**

****Mini 1 Prep & Team Tumble -Lyndsey/Cassity (F2)**

****5:00-6:30pm-**

****Mini 1-Dan/Troy/Camille(F3)**

6:00-7:00pm-

Rec. Gymnastics 5-7yrs (Candy)

6:00-7:00pm-

Rec. Gymnastics 3-5yrs (Brianna)

****6:00-7:30pm-**

****Sparklers-Crystal/Amie, Sabrina Team Tumble(DR) (F1 or DR-alternate w/Mini 1)**

****6:30-7:30pm Team Tumble *Mini 1 (Leroy) (TT/F1 and/or DR)**

7:00-8:00pm-

Rec. Tumble Lev 1 Mini(Sabrina)

****6:30-7:00pm *Jump-Sabrina**

6:30-7:30pm-

Ninja Zone 3-5yrs (Heather)

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****6:30-8:00pm-**

****Junior 4-Dan/Cassity (F2)**

****6:30-8:00pm-**

****Youth 1 Prep-Lyndsey/Shannon (F3)**

****7:30-9:00pm-**

****Sr 3 -Troy/Leroy/(Sabrina 8-9pm) (F3)**

****8:00-9:30pm-**

****Senior 4 Coed-Dan/Cassity/Leroy (F1)**

4:00-5:00pm- OPEN (F1, F2)

8:00-9:30pm- OPEN (F2)

9:00-9:30pm- OPEN (F3)

7:45-9:00pm- OPEN (DR)

*(**Indicates All -Star Cheer ONLY practices/classes "all inclusive")*

Tuesday:

4:30-8:00pm-

Gymnastics Plat/6, Gold/Silver -Jennifer /Lynn/Christina

4:00-5:00pm-

Rec. Tumble Lev 1 Youth (Leroy)

****4:30-5:00pm *Jump-Cassity**

***5:00-5:30pm-**

Gymnastics Team (F1)

5:00-6:00pm-

Rec. Gymnastics 6-8yrs (Heather)

5:00-6:00pm-

Rec. Tumble Lev 1 Mini/Youth (Leroy)

5:30-6:30pm-

Rec. Tumble Lev 2/3 (Troy/Sami)

5:30-6:30pm-

DANCE TEAM Mini (F3 or DR)

****5:00-6:30pm-**

****Youth 2 Small-Cassity/Dawn (F2)**

****5:30-7:00pm**

****Youth 1-Candy/Lyndsey (F1)**

6:00-7:00pm-

Preschool Rec. Gymnastics 3-5yrs (Heather)

6:00-7:00-

Rec. Tumble Lev 1 Mini (Leroy)

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**6:00-7:00pm-
Rec. Tumble Lev 3/4 (Dan)**

***7:00-8:00pm-
Gymnastics Team (F1)**

**6:30-7:30pm-
DANCE TEAM Petite (F3 or DR)**

****6:30-8:00-
Youth 2 LARGE-Cassity/Troy/Leroy (F2)

**6:30-7:30pm-
Rec. Tumble Lev 1/2 Yth/Jr/Sr (Shannon/Sami 7-7:30pm))**

****7:30-8:30pm-
Team Tumble *Youth 1-(Shannon) (F3)

**7:00-8:00pm-
Rec. Tumble Lev 2/3 (Dan/& (Leroy/Troy -alternate))**

****8:00-9:30-
Senior 2-Cassity/Lyndsey (F1)

4:00-5:00pm- OPEN (F1,F2)

4:00-5:30pm- OPEN (F3)

8-9:30pm -OPEN (F2)

8:30-9:30pm- OPEN (F3)

4:00-5:30pm- OPEN (DR)

7:30-9:00pm- OPEN (DR)

*(**Indicates All -Star Cheer ONLY practices/classes "all inclusive")*

Wednesday:

**10amp-11am
Preschool Rec. Gymnastics 3-5yrs -Jennifer**

**10:30-11:30am
Ninja Zone 3-5yrs-Heather**

**11am-12pm-
Preschool Rec. Gymnastics 3-5yrs -Jennifer/Heather**

**4:30-8:00pm-
Gymnastics Silver/Bronze-JB/Christina**

****4:30-5:00pm *Jump-Cassity(F1)**

****5:00-6:30pm-
**Tiny 1 Prep & Team Tumble--Amie/Kaityn/Shannon(F1)
Mini 1 Prep & Team Tumble- Lyndsey/Cassity (F2)

****5:00-6:30pm-
Mini 1- Dan/Troy/Camille (F3)

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5:00-6:00pm-
Rec. Tumble Lev 1/2 Youth-Allyson/Leroy

5:30-6:30pm-
Combo Dance 5-8yrs-Cathy

6:30-7:30pm-
Combo Dance 8-13yrs-Cathy

****5:45-6:30pm *Stretch/Flyers-Shannon**

6:00-8:00pm-
IN HOUSE Gymnastics Bronze 2/Silver Prep-JB/Allyson/Sami)

****6:30-7:00pm * Jump-Shannon**

6:30-7:30pm-
Rec. Tumble Lev2 (Troy)

6:30-8:00pm-
Gymnastics Team (F2)

****6:30-8:00pm-**
****Firecrackers w/Team Tumble-Crystal/Amie (F1 or DR)**

****6:30-8:00-**
****Junior 3 Large-Dan/Sabrina/Leroy (8/20) (F3)**

****6:30-8:00pm-**
****Youth 1 Prep-Lyndsey/Cassity**

7:00-8:00pm-
Rec. Gymnastics 5-7yrs-Heather/Brianna

****7:30-9:30pm-**
****Senior 5 -Dan/Troy/Leroy**

4:00-4:30pm- OPEN (F1)
4:00-5:00pm- OPEN (F2, F3)
4:00-6:00pm- OPEN (DR)

*(**Indicates All -Star Cheer ONLY practices/classes "all inclusive")*

Thursday:

****4:30-5:30pm-**
****Justice Team (F3)**

4:30-8:00pm-
Gymnastics Plat/6, Gold/Silver -Jennifer/Lynn/JB

***5-5:30pm-**
Gymnastics Team (F1)

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5:15-6:15pm-
Rec. Tumble Lev 1 / Lev 1/2 Mini- Allyson/Leroy

****5:00-6:30pm-**
****Youth 2 Small-Cassity/Dawn (F2)**

****5:30-7:00pm**
****Youth 1- Candy/Lyndsey/(Cassity 5:30-6:30pm) (F1(1hr)/F3)**

5:30-6:30pm-
Ninja Zone 5-8yrs-Heather

5:30-6:30pm-
Rec. Tumble Lev4/5-Dan

5:30-6:30pm-
DANCE TEAM Youth (F3 or DR)

6:30-7:30pm-
Rec. Tumble Lev 1 Yth/Jr-Sabrina

6:15-7:15pm-
Preschool Rec. Gymnastics 3-5yrs-Allyson/Heather

6:15-7:15pm-
Rec. Gymnastics 7-9yrs-JB/Sami

6:30-7:30pm-
Rec. Tumble Lev 4/5-Dan

****6:30-8:00-**
****Youth 2 LARGE- Cassity/Troy/Leroy (8/20) (F1)**

6:30-7:30pm-
DANCE TEAM Senior (F2 or DR)

***7:00-8:00-**
Gymnastics Team (F3)

7:30-8:30pm-
Rec. Tumble Lev 3/4-Dan

7:15-8:15pm-
Rec. Tumble Lev 1/2 Yth/Jr/Sr-Heather

****7:00-8:00pm-Team Tumble* Youth 2 - Shannon (TT, F2)**

7:00-8:00pm-
Rec. Gymnastics 7-9yrs -JB

****8:00-9:00pm Team Tumble *Youth 2 LARGE-Troy/Leroy (F1)**

****8:00-8:45pm *Stretch/Flyers-Jennifer (GR or F4)**

****8:00-9:30-**

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****Senior 1-Cassity/Dawn/Carrie**

4:00-4:30pm- OPEN (F3)

4:00-5:00pm- OPEN (F2)

8:00-9:30pm- OPEN (F3)

8:30-9:30pm- OPEN (F2)

8:30-9:00pm- OPEN (DR)

*(**Indicates All -Star Cheer ONLY practices/classes "all inclusive")*

Friday:

4:30-8:00pm-

Gymnastics Plat/6, Gold/Bronze-Jennifer/Lynn/JB

4:30-6:30pm-

IN HOUSE Gymnastics Bronze1/Bronze Prep-Heather/Allyson(4:30-6pm)

6:30-8:30pm -

OPEN GYM

(Staff Alternate Fridays-(Dan/Troy//Cassity/Leroy))

4:00-6:30pm- OPEN (F1/F2)

4:00-8:00pm- OPEN (DR)

Saturday:

(Saturday Practices have team tumble included below with cheer practice)

****8:00-11:00am-**

****Senior 2-Cassity/Lyndsey & TT 10-11am (F1)**

****Senior 5-Dan/Troy/Leroy & TT (F2)**

****10:00am-1:00pm-**

****Senior 4 Coed-Dan/Cassity/Leroy & TT (F2)**

****Senior 1-Sabrina/Carrie & TT (F3)**

****12:00-3:00-**

****Junior 4-Dan/Cassity (F2) & TT (F2)**

****1:00-3:00-**

***Junior 3 Large - Troy/Sabrina/Leroy & TT (F1)**

****1:00-4:00-**

****Senior 3 -Carrie/Troy/Sabrina & TT (8/20) (F3)**

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All Star Team Staff:

Show Teams- Crystal /Amie

Justice-Crystal/Amariss

Tiny Prep- Shannon/Amie/Kaityn

Mini 1 Prep- Lyndsey/ Cassity/Brianna

Mini 1- Dan/Troy/ Camille

Youth 1- Lyndsey/Candy/Cassity

Youth 1 Prep-Lyndsey/Shannon

Senior 1- Sabrina/ Shannon/Carrie/Dawn/Cassity

Youth 2 Small-Cassity/Dawn

Youth 2 Large- Cassity/Troy/Leroy

Senior 2- Lyndsey/Cassity

Senior 3-Carrie/Troy/Leroy/Sabrina

Junior 3 Large- Dan/Sabrina/Leroy

Junior 4- Dan/Cassity

Senior 4 Coed- Dan/Cassity/Leroy

Senior 5- Dan/Troy/Leroy

Gymnastics Team Staff:

Jennifer/Christina/Lynn/JB/Allyson/Heather

Dance Team Staff: Josh/Carrie

Dance Technique Staff: Cathy Issacks

Front Desk Staff: Donisha/Kaley/Gracie

Owners: Ashley Brown/Lyndsey Rose/Carrie Smith

Pro Shop: Cathy Brown

www.libertycheerallstars.com OR
www.libertygymnasticsacademy.com

(972)775-5323 (M-Fri 4:30-9pm)

Ashley -(469)285-1186 Call or Text

ashley@libertycheerallstars.com



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Liberty 2016-2017 Tumble/Gymnastics/Ninja Rec. Class Schedule

(All Star Cheerleaders/Gymnastics/Dance Team Athletes -Add on an additional class below for \$30)

Email: ashley@libertycheerallstars.com to register!

**If your athlete's schedule has changed send Ashley an email to change your rec class or to drop it; for billing reasons, it will be billed if a notice is not emailed.*

Monday:

5-6pm Tumbling Lev1-Jr/Sr- (Leroy)
5-6pm Non Competitive Cheer 3-10yrs-(Laura/Brianna)
7-8pm Tumbling Lev1 Mini -(Sabrina)
5-6pm Rec Gymnastics 5-7yrs- (Candy)
6-7pm Rec Gymnastics 5-7yrs- (Candy)
6-7pm Rec Gymnastics 3-5yrs-(Brianna)
6:30-7:30pm Ninja Zone 3-5yrs-(Heather)

Tuesday:

4-5pm Lev1 Yth Tumbling-(Leroy)
5-6pm Lev1 Mini/Yth Tumbling-(Leroy)
5:30-6:30pm Lev 2/3 Tumbling Mini/Yth/Jr/Sr-(Troy/Sami)
6:30-7:30pm Lev1/2 Jr/Sr Tumbling-(Shannon/(Sami 7-7:30pm))
6-7pm Lev1 Mini Tumbling-Rec. (Leroy)
6:00-7:00pm Lev 3/4 Yth/Jr/Sr Tumbling-(Dan)
7-8pm Lev 2/3 Yth/Jr/Sr Tumbling-(Dan& (Leroy or Troy alternate))
5-6pm Rec Gymnastics 6-8yrs -(Heather/Brianna)
6-7pm PreK Rec Gymnastics 3-5yrs -(Heather/Brianna)

Wednesday:

5-6pm Lev1 Yth/Jr Tumbling-(Leroy/Allyson)
*New 6:30-7:30pm Lev2 Yth/Jr Tumbling-(Troy)
5:30-6:30pm-Combo (Jazz, Tap, Ballet) Ages 4-7years -(Cathy)
6:30-7:30pm -Combo (Jazz, Tap, Ballet) Ages 8-14yrs -(Cathy)
10-11am 3-5yrs Pk Rec Gymnastics -(Jennifer)
10:30-11:30am Ninja Zone 3-5yrs -(Heather)
11am-12pm 3-5yrs PK Rec Gymnastics -(Jennifer/ Heather)
7-8pm Rec Gymnastics 5-7yrs- (Heather/Cheyenne/Jennifer)

Thursday:

5:15-6:15pm Lev1&1/2 Mini Tumbling- (Allyson/Leroy)
*New 5:30-6:30pm Lev 4/5 Tumbling -(Dan)
5:30-6:30pm Ninja Zone 5-8yrs-(Heather)
*New 6:30-7:30 pm Lev1 Yth/Jr Tumbling-(Sabrina)
6:30-7:30pm Lev 4/5 Tumbling- (Dan)
*New 7:30-8:30pm Lev3/4 Tumbling-(Dan)
*New 7:15-8:15pm Lev1/2 Yth Jr/Sr Tumbling-(Heather)
6:15-7:15pm Rec 7-9yrs (JB/Sami)
6:15-7:15pm Pre K Rec 3-5yrs (Allyson/Heather/Brianna)
7-8pm Rec 7-11yrs (JB/Brianna)-stretch w/7pm tumble

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Liberty Gymnastics Teams -Fall Schedule August 15th -June 2017

Mondays 4:30-8pm:

Coaches: Jen & Lynn

Tuesdays 4:30-8pm:

Coaches: Jen, Lynn & Christina

Groups: Plat/6, Gold & Silver

Wednesdays 4:30-8pm:

Coaches: JB & Christina

Groups: Silver & Bronze

Wednesdays

6:00-8:00pm-

IN HOUSE Gymnastics Bronze 2/Silver Prep-JB/Allyson/Sami

Thursdays 4:30-8pm:

Coaches: Jen, Lynn & JB

Groups: Plat/6, Gold, Silver

Fridays 4:30-8pm:

Coaches: Jen, Lynn & JB

Groups: Plat/6, Gold, Bronze

Fridays

4:30-6:30pm-

IN HOUSE Gymnastics Bronze1/Bronze Prep-Heather/Allyson(4:30-6pm)

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Liberty DANCE Teams

Fall 2016 Dance Team Practices August 15, 2016-May 2017:

**** This dance team schedule is tentative and subject to change as well as technique classes.**

Tuesday:

Mini Hip Hop Team- 5:30pm-6:30pm

Petite Tiny Dance Team- 6:30pm-7:30pm

Thursday:

Youth Elite Open Jazz Team- 5:30pm-6:30pm

Senior Elite Open Jazz Team- 6:30pm-7:30pm

Wednesday Dance Technique Class:

Combo (Jazz,Tap,Ballet) Ages 4-7years 5:30-6:30pm

Combo (Jazz,Tap, Ballet) Ages 8-14yrs 6:30-7:30pm

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