Royal Class Schedule

1801 West 37th Place
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www.jamcityar.com

Class—Prerequisites	Curriculum
Rising JAMmers—4-6 years old	Basic body positions, motions, jumps, forward roll, bridge, cart wheel, back-bend kick over, back/ front walkover
JAM Elite—Level 2; 7-17 years old; must have mastered all skills being taught in all previous	Standing Back handspring; Toe Touch pause BHS; BWOBHS; Round off BHS(s); various specialty skills and combinations through to ROBHS.
Jumps and Flexibility— No Prerequisites	Focus on the proper techniques of stretching the right, left, and middle splits, proper back flexibil-ity, proper shoulder flexibility and proper arm and leg placement to perform each jump successfully
School Tryout Prep— No Pre-requisites.	Focus on proper jump and motion technique, dancing, tumbling, spiriting and voice projection! You will also have the opportunity to do "mock" tryouts, receive feedback from our coaches, learn tryout tips that will give you the confidence for
JAM Royalty—Tryout; back walk-over	JAMcityAR All-Star Cheer Competition/ Performance Team
JAM Dance Company Performance	Official JAM Dance Company Performance Team

Spring Schedule

(valid through May 2022)

JAM Dance Company Performance Team
Mon. 6:00-7:30
Sat. 12:00-2:00

Rising JAMmers
Tues. 6:00-7:00

School Tryout Prep
Tues. 5:00-6:00

JAM Royalty
Tues. 6:30-8:00
Sat. 10:00-12:00

Jumps and Flexibility
Thurs. 7:00-8:00

JAM Elite
Sat. 9:00-10:00

$35.00 Annual Registration Fee + $40.00 Monthly Tuition

$75.00 Cheer Competition Team Monthly Fee

Dance Competition Team Monthly Fee

IYFL NLR Wildcat Cheer

Rising JAMmers

JAM Majestic

JAM Elite

Jumps and Flexibility

School Tryout Prep

JAM Dance Technique Class

JAM Royalty

JAM Tiny Novice

JAM Dance Company Performance Team