



# CROWN ATHLETICS

## NOVICE TEAMS

Ages 4-12

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## PREP TEAMS

Ages 5-16

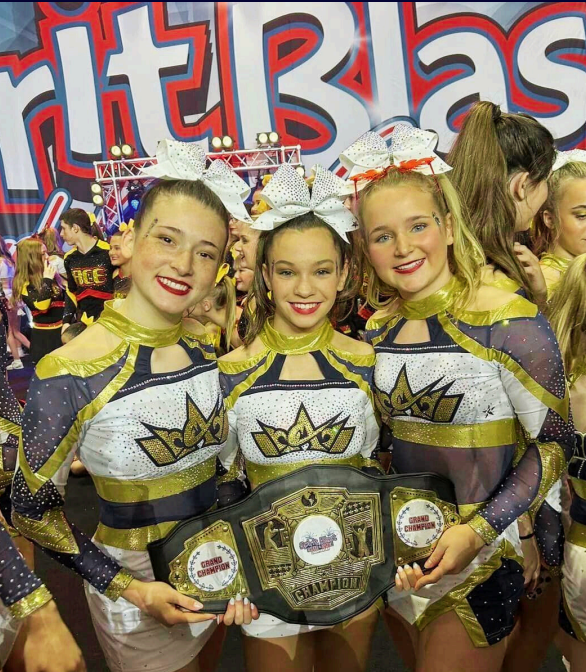
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## ELITE TEAMS

Ages 6-19

SEASON 5

# ABOUT US



## "CROWN ATHLETICS, BUILDING CHAMPIONS ON AND OFF THE MAT"

Thank you for showing interest in Crown Athletics and our competitive cheerleading program. Crown Athletics is an All-Star Cheerleading program located in Mandeville, La. We provide exceptional training at a competitive price. Our experienced coaching staff is proud to teach not only the technical aspects of the sport but also the ideals of good sportsmanship, teamwork, and loyalty. We opened in 2020 with a reputation for excellence and are excited that you are considering joining us in Season 5. No matter the age or skill level of your child, we have a program that can meet your needs!



## WHAT IS ALL-STAR CHEER?

All Star Cheer is a competition sport that involves boys and girls performing, on average, a two-minute and thirty-second routine composed of tumbling, stunting, pyramids, dance, and jumps. Athletes are placed on age and ability level appropriate teams on the following basis: Tumbling (difficulty and technique), jumps, dance ability, flexibility (flyers), mental toughness, and benefit for the team. The routines are scored by a panel of judges and then ranked on difficulty and execution of skills. The Open Championship is currently a main governing presence in our industry. Crown Athletics creates competitive teams based on The Open Championship age and ability level requirements. Crown Athletics has teams in several LEVELS in each of these AGE groups.



# PROGRAM COMPARISON



*We offer a variety of programs to meet your needs*

	<b>All Star Novice Ages 4-12</b>	<b>All Star Prep Ages 5-16</b>	<b>All Star Elite Ages 6-18</b>
<b>Season Runs</b>	June- April	June- April	June- April
<b>Practices</b>	1 practice per week	1 practice per week	2 practices per week
<b>Uniforms</b>	\$285 plus Tax Includes: Top and Bottom	\$285 Crop Includes: Top and Bottom	\$425 Crop Includes: Top, Bottom and Mesh
<b>Competition Schedule</b>	4 - 5 Local Competitions	4 - 5 Local Competitions	6 - 8 Competitions Some Travel Required
<b>Additional Info</b>	New to all-star cheer. Competition performances are evaluation only.	Competitive Team with less financial and time commitment	Highest level of competition. Athletes usually have a background in tumbling and/or competitive cheer.
<b>Potential Teams</b>	Tiny Novice Mini Novice Youth Novice	Mini Prep Youth Prep Junior Prep	Mini Elite Youth Elite Junior Elite Senior Elite <b>Levels 1 - 5</b>

# TRYOUT INFORMATION



## HOW DO TRYOUTS WORK?

All athletes will attend their age-appropriate clinic. During this clinic they will review jumps and learn a short dance. Athletes will demonstrate their best standing tumbling skills, running tumbling skills, jumps, and floor presence. The staff may also ask athletes to stunt and/or show flexibility.

Athletes level 2 and higher will be invited to stunting callbacks on Sunday, May 19, 2024.

## PRACTICE WEAR/SHOE SIZING

Athletes will be sized for practice attire and shoes immediately after their tryout. Athletes should have an adult present to approve sizes.

## STUNT CALLBACKS

Stunt Callbacks will be held in 3 different sessions on May 19, 2024. Callback Invitations will be sent via email the night of May 18. We will use the email address associated with your online registration. Athletes could possibly be invited to more than one callback session.

## WHAT DO I NEED TO BRING TO THE FIRST PARENT MEETING?

Be sure to arrive with these items in order to expedite the process:

- Annual Registration Form along with **\$55.00** Registration Fee
- Bank Auto Draft Information
- Signed Rules and Regulations Form
- Signed Financial Obligation Form
- Credit card must be on file throughout the season.

***No athlete will be allowed to practice without these forms.***

## TRYOUT TIMELINE:

May 17, 2024	Ages 8 - 11 Tryout Clinic 5:00 pm - 8:00 pm
May 18, 2024	Ages 12 - 13 Tryout Clinic 3:00 pm - 6:00 pm
May 18, 2024	Ages 14 and Up Tryout Clinic 6:00 pm - 8:00 pm
May 19, 2024	Ages 4 -5 Tryout Clinic 12:00 pm - 1:30 pm
May 19, 2024	Ages 6-7 Tryout Clinic 1:30 pm - 3:00 pm
May 19,2024	Session 1 Stunt Callbacks 3:00 pm - 5:00 pm
May 19, 2024	Session 2 Stunt Callbacks 5:00 pm - 6:30 pm
May 19, 2024	Session 3 Stunt Callbacks 6:30 pm - 8:00 pm
May 26, 2024	Team Placement Emails Sent
June 1 & 2, 2024	Parent Meeting (times will be announced after tryouts)

# TRYOUT INFORMATION



## HOW DO YOU PLACE TEAMS?

There may be athletes on any given team that tumble at levels different from the rest of their team. We try to match up the athletes by level as best as we can, but please remember that stunting, pyramids, jumps, dance, and motions are a huge factor as well. Some athletes will be stronger tumblers than others, while some will contribute to stunting more than others. Creating a team is like a giant puzzle, and we need to make sure we all fit together perfectly. Every athlete is placed on the team we think they will be the most successful on.

All teams are built based upon placing each team in a position to score as high as possible in competition. Each team must be able to stunt, jump, tumble, dance, etc., at a level that will enable them to maximize the score sheet in difficulty AND execution. Please trust the staff to build teams that will be successful in the competition arena.

Though we try to move athletes as little as possible, there WILL BE movement within our program of athletes from one team to another, potentially all the way until choreography arrives. In certain cases, moves may still be made after choreography. Our focus is to build the strongest teams possible and to make sure each athlete is placed on a team where he/she can excel and have a positive experience.

The position an athlete can fill on a team (flyer, base, backspot) is highly evaluated when picking teams. We must have the appropriate number of each athlete in order to stunt and maximize the score sheet. There will be times when a member is normally a flyer and may have to base as well, depending on the team.



## AGE GROUPS:

Your eligibility age for the season is based on the year your athlete was born. Many athletes will fall into more than one category, we will place them based on what we feel is the best fit for the athlete.

Age groups are as follows:

Tiny Novice- Born in 2017-2020

Mini Teams- Born in 2015-2019

Youth Teams- Born in 2012-2019

Junior Teams- Born in 2008-2018

Senior Teams - Born in 6/1/05-2012

# TUMBLING SKILLS BY LEVEL



## LEVEL 1 TUMBLING

- \* Front Walkover
- \* Back Walkover
- \*FWO -CW - BWO
- \* Back Extension Roll
- \*Back Walkover Switch
- \*FWO - CW - BWO Switch
- \*Cartwheel - BWO
- \*VALDEZ

## LEVEL 2 TUMBLING

- \* BWO - BHS Step Out - BWO
- \*FWO - RO -BHS/BHS Series
- \*Boulder/ Flyspring
- \* BWO Switch Leg - BHS
- \*VALDEZ- BHS STEPOUT
- \* BHS Step Out - BWO - BHS
- \*Series Front Handsprings
- \*VALDEZ-BHS
- \*RO - BHS Step out - BWO - BHS Series

## LEVEL 3 TUMBLING

- \*BHS Series - Jump - BHS Series
- \*FWO -AERIAL
- \*Jump - BHS - Jump - BHS
- \*FWO- RO- BHS SERIES Tuck
- \*BHS Step out - BHS/BHS Series
- \*RO - BHS stepout 1/2 turn-RO-BHS-Tuck
- \*BHS Step out - BWO - BHS Series
- \*FWO-RO- BHS- TUCK
- \*BWO- BHS- JUMP- BHS/BHS series
- \*BOUNDER/ FLYSPRING - RO- BHS- Tuck

## LEVEL 4 TUMBLING

- \*Punch Front step out- RO- BHS- Layout
- \*FHS- PF Stepout- RO- BHS- Layout
- \*Round off - Whip - Tuck/ BHS- Tuck
- \*FHS PR Stepout- RO- BHS- Whip- BHS Layout
- \*FHS- Punch Front- RO- BHS- Tuck
- \*Jump- BHS series - Back Tuck
- \*RO- BHS- Whip- Layout / BHS- Layout
- \*JUMP- BHS- Back Tuck
- \*PF step out- RO- BHS- Whip-BHS- Layout
- \* BWO- Back Tuck

## LEVEL 5 TUMBLING

- \*Front Full
- \* PF step out - RO - BHS - Full
- \*FHS- PF stepout RO- BHS Full
- \*RO - Whip - BHS Series - Full
- \*RO - Whip - BHS - Full
- \*Front Handspring - Front Full
- \*PF step out - RO - Whip - BHS - Full
- \*FHS - PF step out - RO - Whip - BHS - Full
- \* Jump - BHS - Whip - Tuck / BHS - Tuck
- \* BHS - Whip - BHS - Layout
- \*BHS Series - Whip - Layout
- \* BHS - Whip - Layout
- \*Jump- BHS Series- Whip- Layout/BHS- Layout
- \* Jump - BHS - Whip - Layout OR BHS - Layout



[CLICK HERE FOR TUMBLING](#)

[EXAMPLE VIDEOS](#)

# IMPORTANT DATES



## GYM CLOSURES

### July 4th Holiday

July 1 thru July 7

### Thanksgiving Holiday

November 25 thru November 29

### Christmas Break

December 23 thru January 3

### Mardi Gras Break

March 3 thru March 7

### Spring Break

April 14 thru April 21

## WHEN IS CAMP AND CHOREOGRAPHY ?

### ALL TEAMS

- Summer Skills Camp: August 3 - August 4

### ELITE TEAMS

- Stunt Choreography: August 17- August 18.
- Choreography: September 23 - October 2

Exact times and dates will be handed out ASAP.

### PREP / NOVICE TEAMS

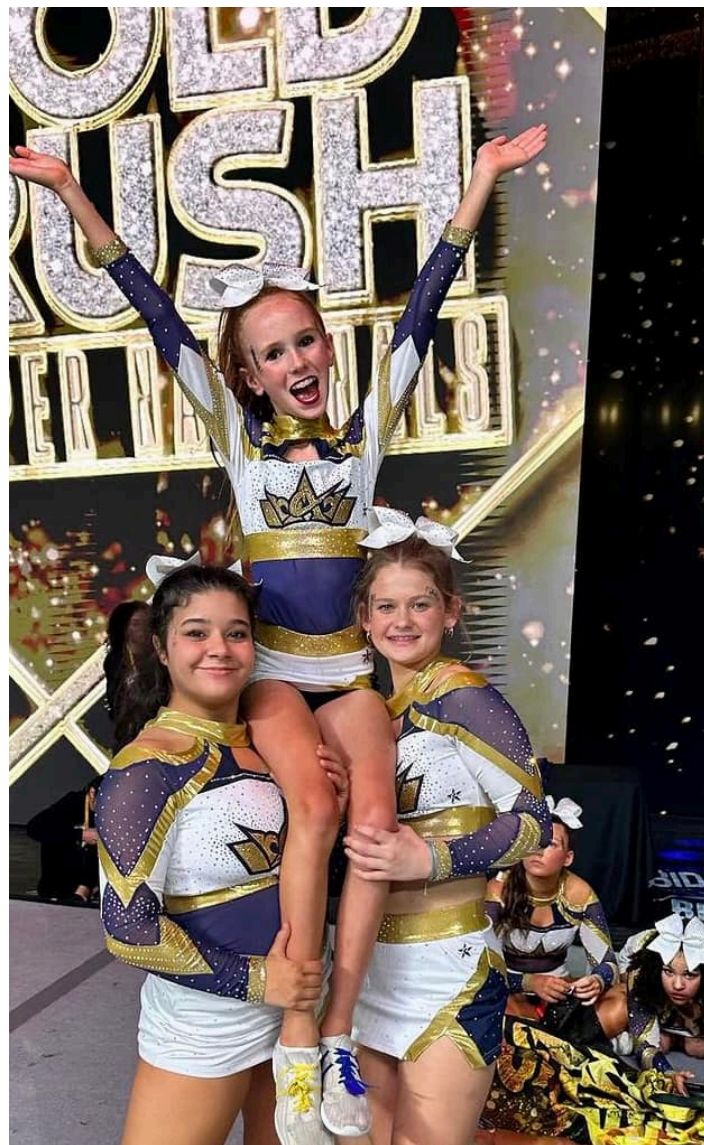
- To be determined after team placements

### SUMMER SKILLS CAMPS AND CHOREOGRAPHY ARE MANDATORY!!!!

\$100 fee will be charged per day for missing camp and/or choreography.

## MARK YOUR CALENDAR

Athletes are expected to attend and be prepared to participate in all Crown Athletics activities, including those unexpectedly added throughout the season, regardless of illness or injury unless otherwise recommended by a doctor through valid written documentation.



# PRACTICE SCHEDULE

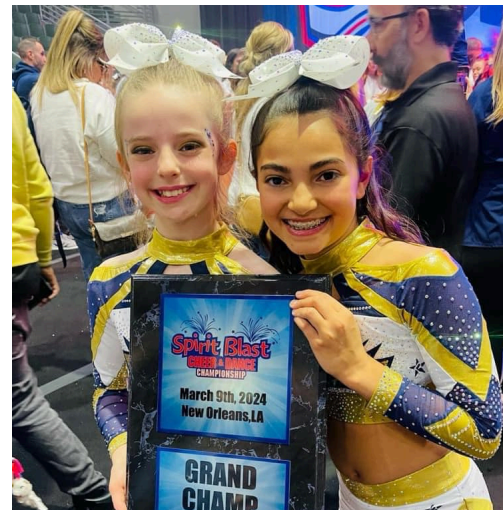


## SUMMER PRACTICE

**Summer practice attendance is required;** however, we do allow for summer vacations. We ask that absence requests for vacations must be turned in two weeks in advance or at registration, if you already know which dates you will be gone for vacations. Please email ALL requests to [nicky@crowmathleticsla.com](mailto:nicky@crowmathleticsla.com). We will only have one practice per week for the summer (June – July). It is highly beneficial to attend ALL summer practices to secure your positions on the teams. The summer practices are when we will be deciding in which stunt positions everyone will be placed. The summer is also a great time to advance and perfect your tumbling, jumping, and stunting skills.

## FALL SCHEDULE

We will begin our fall practice schedule. This schedule will include two team practices per week for elite teams and one practice per week for novice and prep teams. Team practice will be held Sunday thru Friday. Athletes are required to attend ALL practices the week prior at any competition. Failure to attend practices the week prior to competition could result in the athlete being removed from that competition.



## PRACTICE EXPECTATIONS

- Wear assigned practice clothes to each practice.
- Refrain from wearing jewelry to practice.
- Only registered athletes are allowed in the practice area.
- Siblings, family members, friends, etc., are not allowed in the practice area.
- All spectators must remain in the designated area and keep the noise level down at all times.
- Any person that disrupts a practice will be asked to leave the gym immediately.
- No food, gum, or drinks are permitted in the practice area.
- All trash must be placed in the appropriate trash receptacles.
- Cell phones must be put on silent mode or left outside of the practice area.
- Crown Athletics is not responsible for any personal items lost or stolen.
- Arrive on time for practice. (Tardiness more than 15 min. will be considered an absence. Conditioning will be assigned after practice for tardiness.)

## CONDITIONING

Conditioning is an integral part of our training process. Proper conditioning will build strength and flexibility, prevent injury and propel athletes toward achieving their goals.



# TEAM/ATHLETE ATTENDANCE



## ABSENCES

Notify Crown Athletics in writing immediately of all expected tardiness or absences.

- After third absence, a parent/coach meeting will be held.
- After fifth absence, athlete may be removed from team.

Notify Crown Athletics by phone immediately of any unexpected tardiness or absences.

Fill out an absence request form (2 weeks in advance) and provide a comparable substitution for all absences.

## VACATIONS

Please work to plan your family vacations around the gym schedule. We work hard to give you the gym closures early. Family vacations are NOT an excused absence.

## WHERE CAN I FIND AN ABSENCE REQUEST?

All of our forms can be found on the website under the "forms" tab. This form should be completed at least two weeks prior to any absence. You are responsible for finding an appropriate substitute that is capable of performing in your position.

**ATHLETES MISSING OVER 5 PRACTICES, EXCUSED OR UNEXCUSED, ARE AT RISK OF LOSING THEIR SPOT ON THE TEAM.**

## INJURIES/ ILLNESS

Practice will only be excused for contagious illness: Fever greater than 100.4 or uncontrolled vomiting.

Notify Crown Athletics immediately when an injury occurs so changes to routine and choreography can be made prior to practice.

## TRAVEL/COMPETITIONS

ALL COMPETITIONS ARE MANDATORY.

- \$150 fee will be charged for missing any competition.
- Athletes are required to attend ALL practices the week prior to any competition. Failure to attend practices the week prior to competition could result in the athlete being removed from that competition.
- Read all emails concerning competition dates, venues, and itineraries. (Information will be released as soon as we have it available.)
- Have all travel arrangements booked by the travel block blackout dates.
- Arrive to competition by the designated time and check-in with the coaches/staff/gym owners accordingly.
- Do not use competitions as family vacations, adhere to the designated schedules, and abide by all rules set forth by Crown Athletics.



# TEAM/ATHLETE POLICIES



## UNIFORMS AND ATTIRE

Please keep all Crown Athletics Clothing and uniforms in good condition. Please report any lost or damaged uniform items to your coach. The cost of replacement will be the responsibility of the athlete.

Please wear assigned practice gear to each practice. Athletes can not have any piercings and/or jewelry in for competitions.

## COPYRIGHT NOTICE:

The logo of Crown Athletics belongs to the owners of the program. You cannot sell or create your own Crown Athletics Clothing or other items. This includes team names and any likeness to logo, affiliation and/or program without the permission of Crown Athletics.



## DISCIPLINE

If disciplinary actions are required, the following actions will occur:

- 1st violation- Meeting with the athlete to define the problem.
- 2nd violation- Meeting with the athlete and parent
- 3rd violation- Athlete may be removed from the team or entire program.

## CORE VALUES:

Crown Athletics has adopted five core values to guide our program. Please make sure you understand and can commit to these before becoming a part of Crown Athletics.

- Gossip Free Zone- We do not gossip about others.
- Fail Forward - Failing is a normal part of life; when we fail, we make progress.
- We Before Me- The needs of my team are more important than my individual needs.
- Character Matters- Who I am at all times is important.
- No Excuses- I will take feedback and listen without excuses. "Yeah but" is not acceptable; I am responsible for me and my behavior.

# PARENT POLICIES/SOCIAL MEDIA



## COMMUNICATION

As a parent, you will receive information in several ways. Our primary source of information is BAND APP with team groups in which all current information can be found. We also send out periodic newsletters via email. All athletes and parents must register on the Crown Athletics website and check emails daily for any and all updates. There is no excuse for being uninformed or irresponsible when the information has been provided.

Please make sure you like and follow our Crown Athletics Facebook and Instagram pages.

## COMMUNICATION CHAIN

Please contact your team's coach regarding any question or concerns that may come up throughout the season through the BAND APP. If further assistance is needed after contacting your team's coach, you may then contact the gym owner via BAND APP or email.

## GOSSIP AND PARENT ROOMS

- Our parent rooms are for your convenience to allow you to watch your child practice.
- Siblings are not to be left unattended in the facility nor are to be playing in the Diamond Mine without staff approval and supervision.
- Our parent rooms are supposed to be a positive environment. It is your job as a parent to love and support your child. Leave the coaching to us.
- In the event of parents being an issue in the parent room, they will be asked to leave or could be removed permanently.

## BULLYING

"Bullying" is not allowed. Physical or verbal threats will not be tolerated. If a member (parent or athlete) is observed in the "bullying" of others, they will be given one warning. If a member is witnessed "bullying" on an additional occurrence, a parent meeting will be set up. Further instances can result in the member being removed from the program.

## VIDEOS

All choreography including cheers, dances, stunts, transitions, tumbling, music selections, editing, etc., are the exclusive property of Crown Athletics and shall not be shown or discussed with others.

NO VIDEOS of routines/choreography should be uploaded to any online site or social media platform!

## All athletes and parents understand that:

- They assume full responsibility for all costs incurred as a member of Crown Athletics, including, but not limited to, gym registration, monthly tuition, apparel costs, competition and travel expenses, or any other item(s) or services purchased or rendered. The payment in full of those items will be made, regardless of any circumstances that may arise such as dismissal from the team or disbandment of the team.
- Monthly payments will be made via electronic debit on the 1st of every month.
- Monthly payment for normal tuition rate is due from June through April of the participating season.
- Tuition does not fluctuate based on the number or duration of practices in any month.
- Tuition pays for training. It does not pay for the right to perform.
- Vacations or time off will not be prorated. Please make note that all Crown Athletics vacations have already been prorated into the monthly fee.
- All payment due dates must be met.
- A \$20.00 late fee will be assessed in the event that a payment is past due.
- The Crown Athletics Auto Debit Authorization form must be completed at the time of registration.
- Any payment attempts resulting in a NSF (non-sufficient funds), declined credit card, expired credit card, returned check, electronic debits, etc., will incur a \$25.00 service charge. It is your responsibility to update your information with us if your information changes (e.g., bank account number, card number, expiration date, etc.).
- An athlete's account must be current and in good standing to participate in practices, competitions, or special events.
- Crown Athletics reserves the rights to withhold items, deny participation, and remove an athlete from their team for failure to keep up with financial obligations.
- Any monies received from an athlete/parent will be applied first to any overdue tuition/fees.
- All tuition/fees must be current before an athlete may collect any clothing/uniform or other retail items.
- If an athlete chooses to leave or is asked to leave Crown Athletics for any reason before the season is over, any and all funds are completely non-refundable.
- Crown Athletics reserves the right to turn over all delinquent accounts to a collections agency. The parent/ athlete will be responsible for all additional costs incurred.
- If an athlete leaves the program prior to April 30, 2025, she/he is subject to a \$250 buyout fee. This fee will be billed to the card on file at the time of her/his departure from the program.

# NOVICE/PREP FINANCIAL OBLIGATIONS



## Financial Obligations Prep and Novice Teams (All Levels)

The following cost expectations have been carefully put together based upon years of previous experience and is an **estimate** of costs for the 2024-2025 season.

Expense	Amount	Due Date
Registration Fee	\$55	(Due at initial parent meeting)
Hair Bow	\$40	(Due at initial parent meeting)
Practice Wear	\$65	(Due at initial parent meeting)
Competition Team Monthly Payment	<b><u>\$180 - total monthly payment</u></b> <b>INCLUDES</b> *MONTHLY TUITION x <b>11</b> months *Competition Fees - (includes all entry fees and coaches' fees for the 2024/2025 season) *Choreography *Stunt camp *Music	11 Monthly Payments (Starting June, 2024 and ending April, 2025) Paid via monthly bank draft or CC on the 1st of each month.
Competition Uniform	\$285	7/20/24
Competition Shoes	\$100 (est.)	7/20/24
Make up	\$40 (est.) (no makeup for tiny novice)	7/20/24

If you have any questions regarding your account, please email Nicky at [Nicky@crowmathleticsla.com](mailto:Nicky@crowmathleticsla.com) or contact him by telephone (985) 718-0555.

Please note that the above expenses do not include travel and lodging to out-of-town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be canceled at the coach's discretion.

**Refunds:** If an athlete quits or is removed from the program by Crown Athletics she/he will NOT receive a refund of any kind. This includes any prepaid amounts.

If an athlete leaves the program prior to April 30, 2025 she/he is subject to a \$350 buyout fee. This fee will be billed to the card on file at the time of the athlete's departure from the program.

**COMMITMENT:** I understand this is an 11 MONTH (June 2024 to April 2025) commitment I am making. I will honor my commitment. I have read and understood the financial commitment I am making for the 2024-2025 season.

Athlete's Name: \_\_\_\_\_ Team: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# ELITE FINANCIAL OBLIGATIONS



## Financial Obligations Elite Competition Teams (All Levels)

The following cost expectations have been carefully put together based upon years of previous experience and is an **estimate** of costs for the 2024-2025 season.

Expense	Amount	Due Date
Registration Fee	\$55	(Due at initial parent meeting)
Hair Bow	\$40	(Due at initial parent meeting)
Practice Wear	\$130	(Due at initial parent meeting)
Competition Team Monthly Payment	<b>\$270- total monthly payment</b> <b>INCLUDES</b> *MONTHLY TUITION x <b>11</b> months *Competition Fees - (includes all entry fees and coaches' fees for the 2024/2025 regular season, excluding any extra end-of-year events) *Choreography *Stunt camp *Music	11 Monthly Payments (Starting June 2023 and ending April 2024) Paid via monthly bank draft or CC on the 1st of each month.
Competition Uniform	\$425	7/15/24
Competition Shoes	\$100 (est.)	7/15/24
Makeup	\$40 (est.)	7/15/23
End of Season Competition ASW	Depends on Bid Received	TBD
Coaches' Fee for End of season event	\$80	TBD

If you have any questions regarding your account, please email Nicky at [Nicky@crowmathleticsla.com](mailto:Nicky@crowmathleticsla.com) or contact him by telephone (985) 718-0555.

Please note that the above expenses do not include travel and lodging to out-of-town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be canceled at the coach's discretion.

**Refunds:** If an athlete quits or is removed from the program by Crown Athletics, she/he will NOT receive a refund of any kind. This includes any prepaid amounts.

If an athlete leaves the program prior to April 30, 2025, she/he is subject to a \$350 buyout fee. This fee will be billed to the card on file at the time of the athlete's departure from the program.

**COMMITMENT:** I understand this is an **11 MONTH (June 2024 to April 2025)** commitment I am making. I will honor my commitment. I have read and understood the financial commitment I am making for the 2024-2025 season.

Athlete's Name: \_\_\_\_\_ Team: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# REGISTRATION INFORMATION



## READY TO REGISTER FOR SEASON 5?

**STEP 1:** READ THIS PACKET.

**STEP 2:** CLICK ABOVE & COMPLETE THE TRYOUT REGISTRATION FORM ON OUR WEBSITE.

**STEP 3:** KEEP AN EYE ON YOUR EMAIL FOR FURTHER DETAILS AND PRACTICE TIMES FOR TRYOUTS..

### Our Programs and Classes

Welcome to the Crown Athletics Online Class Registration platform!

#### FOLLOW THESE EASY STEPS TO REGISTER:

**Step 1:** Select the "Add to Cart" button to enroll

**Step 2:** "Check Out of Shopping Cart"

**Step 3:** select "Create New Account" when prompted

Once your account has been created, follow the registration flow to select a pay plan; Add Members (student); sign waivers, confirm your "order"; and pay & finish.

Filters – Collapse all

- Programs
  - > Banquet
  - > Elite
  - > Novice
  - > Prep
  - > TRYOUTS
- Age
  - All
- Gender
  - Male
  - Female
  - Non-Binary
  - Not Specified
- Day Of Week
  - Sunday
  - Monday
  - Tuesday
  - Wednesday
  - Thursday
  - Friday
  - Saturday

### TRYOUTS

TRYOUT REGISTRATION 24/25

#### TRY OUT REGISTRATION AGE 12-13

1 payment option: [Details...](#)  
From: 05/19/2024 to: 05/31/2024 duration: 180 min

Slot	SUN	MON	TUE	WED	THU	FRI	SAT
#1	×	×	×	×	×	×	3:00 pm ▼ 6:00 pm

#### TRY OUT REGISTRATION AGE 14 & UP

1 payment option: [Details...](#)  
From: 05/19/2024 to: 05/31/2024 duration: 120 min

Slot	SUN	MON	TUE	WED	THU	FRI	SAT
#1	×	×	×	×	×	×	6:00 pm ▼ 8:00 pm

#### TRY OUT REGISTRATION AGE 4 - 5

1 payment option: [Details...](#)  
From: 05/19/2024 to: 05/31/2024 duration: 90 min

Slot	SUN	MON	TUE	WED	THU	FRI	SAT
#1	12:00 pm ▼ 1:30 pm	×	×	×	×	×	×