

# LEHI LEGACY CENTER LEGACY CENTER CHEER FALL 2011

*Get ready to Cheer!!!*

## Monday

4:00-5:00pm

Beginning (5yrs-5<sup>th</sup> grade)

5:00-6:00pm

Intermediate (5yrs-6<sup>th</sup> grade)

6:00-7:00pm

Tumbling (5yrs – 6<sup>th</sup> grade/Jr. High)



Legacy Cheer

## ×QUICK FACTS

What ..... Legacy Center Cheer

Where ..... Lehi Legacy Center

When ..... Monday

Class begins..... Monthly (**CLASSES START August 29 thru Dec. 5**)

Time ..... Time above

Who ..... 5yrs -12yrs

Fees..... \$40 (\$34 Lehi Resident Discount)

**(Payment must be made by 20<sup>th</sup> of previous month to keep spot)**

**November's payment will include \$15 extra for December's Pep Rally**

**Important dates .. No Class September 5, October 31)**

December 5<sup>th</sup> is Fall Pep Rally

## REGISTRATION

**Registration begins August 1, 2011**

Come to the Legacy Registration Office Mon- Fri from

8am-6pm OR [www.lehi-ut.gov](http://www.lehi-ut.gov)

## INFORMATION

For more information contact Legacy Front Desk @ 801-768-7124



Lehi Legacy Center  
123 N Center St  
801-768-7124

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# Class Description & What to Wear!

## **BEGINNING SQUAD Cheer (5yrs to 5<sup>th</sup> Grade)**

Basic cheerleading instruction. Focus on strengthening, Balance, Body control, and Flexibility. Objectives include Team Building skills and goal setting.

Clothing : comfortable, moveable clothing and tennis shoes. Please keep hair pulled back.

## **INTERMEDIATE SQUAD Cheer (5yrs to 6<sup>th</sup> Grade/Junior High)**

This class is designed to give girls who have mastered basic cheerleading skills, more of a challenge!! Some cheer, dance, or gymnastic experience required.

Perfecting and building on already established cheerleading knowledge. Emphasis on strengthening, technique, stunting, Team building and goal setting.

Clothing: comfortable, moveable clothing, unless otherwise instructed by their coach.

**MUST WEAR TENNIS SHOES TO PARTICIPATE!** (Safety Law) Hair must be pulled back.

## **TUMBLING Cheer (Beginning/Intermediate, 5yrs to 6<sup>th</sup> Grade/Junior High)**

Intro to tumbling. Focus on basics like rolls, handstands, cartwheels, round offs, and back handsprings.

Clothing: tight shorts & shirt or prefer gymnastics suit. Hair pulled back.

**Please NO jewelry!**