

Class Description & What to Wear!

Cheer 3yrs to 5yrs old

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.

Cheer 6yrs to 8yrs old

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.

Cheer 9yrs-12yrs old

This class is designed to give girls who have basic cheerleading skills.

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

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

Please NO jewelry!