

Class Description & What to Wear!

CUBS SQUAD Cheer (5yrs to 8yrs)

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

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

LIONS SQUAD Cheer (9yrs to 12yrs)

Basic Cheerleading instruction. Focus on strengthening, balance, body control and flexibility. Objectives include improving coordination and comprehension. Emphasis on cheers, dance, and basic stunting.

Clothing: comfortable, movable clothing. Cheer skirt or shorts and t-shirt required. Must wear tennis shoes. Hair must be pulled back.

TUMBLING Cheer (Beginning/Intermediate, 5yrs to 16yrs)

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!