



WELCOME LEHI LEGACY CENTER CHEER

*Winter Session is held January 8th - May 3rd
No class dates, See flyer for more information
Rehearsal May 3rd / Concert May 4th*

Dear Parents and Participants,

We are so excited to have you as part of the Lehi Legacy Center Cheer Program. This Cheer Class will build basic knowledge and skills to help improve technique, flexibility, confidence, and overall **FUN**.

Just a few reminders:

- We ask that your child comes to class each week **on time, ready to learn, in clothing that is comfortable, tennis shoes, and no jewelry.**
- Children under 7yrs. need to be brought in and picked up from class.
- Parents are not allowed in the room during the duration of the cheer class.
- Please have your child use the restroom **before** class.
- Those who have a child between 3-7yrs. old, will need a parent to be available to escort them to the bathroom during class time. Coaches may not leave their class unattended.
- Pick up and Drop off! We have had a bit of a traffic jam out front in our roundabout pick up area. Please stay in your car and move forward if you are waiting to pick up your child. If you need to come into the building, please park in a designated parking stall. We appreciate your help in keeping our parking lot safe, being respectful of other patrons parked in the parking lot, and help picking up and dropping off to be more efficient
- Fall Session: Rehearsal Friday, May 3rd (time frame 4:30 to 8:00pm) & Concert Saturday, May 4th (TBA)

Payment Process:

Payments are due by the **20th** of the current month for the following month. For current students, a **BALANCE** is created and must be paid on-line between the **1st and 20th** to secure a spot for the next month. It is your responsibility to secure the participant's spot. Please create an account on-line or register at the Legacy Registration Office during normal business hours. Attached is an informational sheet on how to set up an account. With our new on-line payment system, this should be fairly simple.

https://lehilegacycenter.activityreg.com/login_t2.wcs

*Please note, if payments are not made by the 20th of each month, the participant will be unenrolled from the program, and their spot will open to new participants.

We look forward to teaching your child!

Thank you!

Legacy Center Cheer Program



Login here

3-5-Year-old- 40 Minutes

Kicks
Fist
Blades
Jazz Hands
Big Cinnamon Rolls
Little Cinnamon Rolls
Attention/Clean
Ready
High V-Half High V
Low V- Half Low V
Daggers
Table Top
Goal Post
Candle Stick
Cheer
Dance
Tumble

6-8 Year-Old- 50 Minutes

Kicks and Jumps
Arm Positions
Coach Says
Cheer
Dance
Tumble
Arm positions
Attention/Clean

9-12-Year-Old- 50 Minutes

Kicks and Jumps
Arm Positions
Coach Says
Cheer
Dance
Tumble
Arm positions
Attention/Clean

Cheer Positions

T
Half T
K
Right Diagonal
Left Diagonal
Clap
Clasp
X
R/L Side Lunge
R/L Front Lunge
Punch Up
Liberty

Kicks and Jumps

Right Kick
Left Kick
Tuck Jump
Pencil Jump
Toe Touch
Front Herkie- Front Hurdler
Pike

Tumble

Back Bend/ Bridge
Front Roll
Back Roll
Handstand
Cartwheel
Round Off
Back Handspring
Front Handspring