



Recreational Cheer Program

Rec. 3 - 5 Cheer

Pre-requisites: NONE

Class Description

Our exciting Recreational Cheerleading Class for ages 3-5!

This 60-minute weekly session is packed with fun and energy, running throughout the fall, winter, and spring seasons. Our young cheerleaders will learn the fundamentals of cheer, including basic stunts and introductory tumbling. They'll also work on improving their balance, flexibility, and strength through engaging activities and games. This class is perfect for little ones to make new friends, build confidence, and have a blast while staying active. No experience is necessary.

Key Program Highlights:

- **Skill Progression:** This class specifically works on Novice and Prep Level 1 stunts and tumbling (beginner) using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Safety as a Priority:** Our instructors emphasize safety, ensuring a secure environment for young learners to confidently explore new movements.
- **Engaging Learning Environment:** Interactive games, obstacle courses, and challenges eliminate monotony, transforming cheer into an exciting adventure.
- **Personalized Approach:** Tailored exercises are designed to suit each child's capabilities, focusing on correct technique to enhance their skills.
- **Encouraging Atmosphere:** Our supportive instructors inspire children, nurturing confidence and a positive attitude.
- **Focus on Social Development:** Our classes encourage camaraderie and teamwork, fostering an inclusive and interactive setting.

Benefits of Cheer:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Learn the importance of teamwork
- Introduction to cheer and tumbling basics



Rec. 6 - 8 Cheer

Pre-requisites: NONE

Class Description

Our exciting Recreational Cheerleading Class for ages 6 - 8!

This 60-minute weekly session is packed with fun and energy, running throughout the fall, winter, and spring seasons. Our young cheerleaders will learn the fundamentals of cheer, including basic stunts and introductory tumbling. They'll also work on improving their balance, flexibility, and strength through engaging activities and games. This class is perfect to make new friends, build confidence, and have a blast while staying active. No experience is necessary.

Key Program Highlights:

- **Skill Progression:** This class specifically works on Novice and Prep Level 1 stunts and tumbling (beginner) using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Safety as a Priority:** Our instructors emphasize safety, ensuring a secure environment for young learners to confidently explore new movements.
- **Engaging Learning Environment:** Interactive games, obstacle courses, and challenges eliminate monotony, transforming cheer into an exciting adventure.
- **Personalized Approach:** Tailored exercises are designed to suit each child's capabilities, focusing on correct technique to enhance their skills.
- **Encouraging Atmosphere:** Our supportive instructors inspire children, nurturing confidence and a positive attitude.
- **Focus on Social Development:** Our classes encourage camaraderie and teamwork, fostering an inclusive and interactive setting.

Benefits of Cheer:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Learn the importance of teamwork
- Introduction to cheer and tumbling basics



Rec. 9 - 14 Cheer

Pre-requisites: NONE

Class Description

Our exciting Recreational Cheerleading Class for ages 9 - 14!

This 60-minute weekly session is packed with fun and energy, running throughout the fall, winter, and spring seasons. Our cheerleaders will learn the fundamentals of cheer, including basic stunts and introductory tumbling. They'll also work on improving their balance, flexibility, and strength through engaging activities and games. This class is perfect to make new friends, build confidence, and have a blast while staying active. No experience is necessary.

Key Program Highlights:

- **Skill Progression:** This class specifically works on Prep Level 1 & 2 stunts and tumbling (beginner / intermediate) using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Safety as a Priority:** Our instructors emphasize safety, ensuring a secure environment for young learners to confidently explore new movements.
- **Engaging Learning Environment:** Interactive games, obstacle courses, and challenges eliminate monotony, transforming cheer into an exciting adventure.
- **Personalized Approach:** Tailored exercises are designed to suit each child's capabilities, focusing on correct technique to enhance their skills.
- **Encouraging Atmosphere:** Our supportive instructors inspire children, nurturing confidence and a positive attitude.
- **Focus on Social Development:** Our classes encourage camaraderie and teamwork, fostering an inclusive and interactive setting.

Benefits of Cheer:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Learn the importance of teamwork
- Introduction to cheer and tumbling basics

