



386-228-0917

Cheer Effective: 6/1/25

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Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
4:30-5:25	Beginner Cheer			7:30-9:00	OPEN GYM	4:30-5:25 4:30-5:25	Youth Cheer Youth Tumbling			12:00-2:00	OPEN GYM		

Class Descriptions

Beginner Cheer: Beginner Cheer classes are designed to teach entry level cheer skills, as an introduction to the sport of cheerleading. Classes will include beginning tumbling skills, cheers, chants, dances and jumps.

Youth Cheer: Familiarize youth participants with the fundamentals and safety of cheerleading, to instill the importance of teamwork and responsibility, and to provide them the opportunity to participate and advance in the sport of cheerleading, in an organized, adult supervised and safety minded environment.

Advanced Cheer: Continue to focus and improve on advanced fundamentals and flexibility of cheerleading. Allow participants to perfect foundational cheerleading skills.

Flyer Flexibility: This class focuses on flexibility and skills necessary for proper technique as a flyer. Open to all ages.

Tumbling: This class is designed for students only interested in tumbling. This is a great class for students that need to prepare for cheer try-outs or just want to focus on tumbling skills.

Jump Class: This class will focus on flexibility and proper technique to improve your jumps.

Create an account on our website so we can schedule your child a free trial class.

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