



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOCUS ENERGY POWER



## Cheer Clinic CAROLINE FAMILY YMCA

Participants will learn the fundamentals of cheerleading which include, motions, jumps and light choreography.

### BEGINNER

AGES: 2-4

MONDAYS: 5:15PM-5:45PM

Participants will learn motions and a few short cheers. There will be no jumps, stunts or tumbling.

### BEGINNER

AGES: 5-8

MONDAYS: 5:50PM-6:30PM

Participants will learn motions, transitions, a variety of fundamental and elite jumps, and variety of cheers and light choreography. There will be no tumbling with this group. Some, if any stunting, may include thigh stands. Mats will be used if any building occurs.

**REGISTRATION OPENS:** February 27th

**DATES:** March 13th—April 3rd

**COST:**

\$24 Members

\$32 Non-Members

### INSTRUCTOR:

Megan Struder

Tiera Walker

### CONTACT INFORMATION:

Erin Hoffman, Programs Manager

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