

America's Best Kids
Presents



Cheer classes offered

Intro to Cheer – ages 6 and up

- \$45/month Mondays 5:15pm-6:15pm

Highly recommended to start! Learn the basic cheer motions, jumps, beginning tumbling, dance and cheers. Monthly evaluations with recommendation for cheer class placement and certificate of completion. Please wear shorts, t-shirt, tennis shoes, and hair pulled out of face, no jewelry.

Parent/Tot Cheer- Ages 2-4

- \$32/month Tuesdays 9:30am-10:15am

This is a fun cheer class for parents and their kids that will help teach balance and coordination and basic cheer motions, jumps, dance, and stunts. Parents assist their child with these elements.

Tiny Tot Cheer- Ages 3-5

-\$37/month Tuesday 10:15am-11:00am

Learn basic fundamentals of cheer. This class can help improve balance, coordination, and self confidence while working on motions, cheers, dance, stunts and tumbling appropriate for the level. Please wear shorts, t-shirt, tennis shoes, and hair pulled out of face, no jewelry.

Sideline Cheer- Ages 6 and up

-\$45/ month Tuesdays 5-6pm

Traditional cheerleading, learn sideline cheers and chants, dances, stunts, and tumbling. This class is also great for kids who want to prepare for high school. May have option for local exhibitions.

*Practice clothes, cheer shoes and poms required. Hair pulled out of face, no jewelry.

Stunt Class- Ages 7 and up

-\$45/month Mondays 6:15pm-7:15pm

This class is for all levels, and focuses on improving stunting techniques for bases and flyers. Flyers will work on improving flexibility and body control. Learn new stunts, creative transitions, and more. Option to form stunt groups to perform at competitions.

*Practice clothes, cheer shoes required for class. Hair pulled out of face, no jewelry.

***See reverse side for competitive team information

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Precision Cheer Academy Competitive Teams

A healthy approach to competitions teaches our young athletes life lessons through their sport.

Competitive National Teams- \$75/month

All teams require a lot of dedication. They will learn all-star cheer routines consisting of cheer, dance, stunts and tumbling. These teams do local exhibitions, parades, community service, and approximately six competitions a year including going to Nationals. Also fun team activities throughout the year. *Uniform, practice clothes, cheer shoes and poms required. Hair pulled out of face and no jewelry allowed during practice.

***EVALUATION FOR TEAM PLACEMENT IS REQUIRED**

Minis "Rising Stars"- Ages 5-8, Tuesdays and Thursdays 3:30pm-5:00pm

Youth "Shining Stars"- Ages 11 and younger, Tuesdays and Thursdays 6:00pm-7:30pm

Juniors "Shooting Stars"- Ages 14 and younger, Tuesdays and Thursdays 6:30pm-8:00pm

Seniors "Rock Stars"- Ages 12-18- practice time TBA

We follow the U.S. All-Star Federation (USASF) guidelines. The age of the athlete as of May 31, 2008 is the age that will be considered when determining these divisions.

**** If necessary teams may be combined to form full competition teams ****