



# **SUMMER CHEER CLINICS!!**

**Designed for Current and Incoming Cheerleaders!**

**These classes will focus on strength conditioning, stretching techniques, jumps, cheers, motions and of course fun! 😊 No experience necessary.**

## **CLASS BREAKDOWN:**

- \*Every Wednesday at Redhill Park (grass area adjacent from pond)
- \*Each class is \$10
- \*1<sup>st</sup> Morning session is 9:30 ends at 10:15
- \*2<sup>nd</sup> Morning session is 10:30 ends at 11:15
- \*3<sup>rd</sup> Session is an Evening session 7:00pm ends at 7:45
- \*Classes start on Wednesday JUNE 10<sup>th</sup>
- \*All participants **MUST** have a signed release form to participate (no exceptions)

If your child is interested in these summer clinic cheer classes, please email

coach Amanda @ [ajmc357@gmail.com](mailto:ajmc357@gmail.com) A release form will be sent after email is received.

At this time, all class participants will remain 6ft apart during our classes. As soon as this rule is lifted, we will start our tumbling and stunting techniques.

If you have any questions please feel free to contact Program Director Amanda McCoy.

[Ajmc357@gmail.com](mailto:Ajmc357@gmail.com)

