



Summer

Cheering Classes

w/ Stephen Holt!

For all children ages 7 –18

Class options include: Session 1 (July 3rd—July 26th) - Session 2 (July 31st—August 23rd)

Tuesday 5pm -

***Flyer's / flexibility and Bases/spotters technique**

THE main goal in this course is to increase flexibility and learn proper body position for both flyers and bases while working with progression to advanced skills. As a GROUP, we will also condition and create muscle memory to ensure proper technique is being learned and maintained. Learn a fun stunt sequences and become a MASTER in no time!!! - \$35 for the 4 week session

Tuesday 5:45pm -

***Jumps and core training**

THE main focus here is to improve height in your jumps while maintaining correct body position during a variety of jumps. We will work on keeping the chest in the correct place as well as teaching your body to point your toes without the everyday reminder!!! Learn a creative jump sequence and allow us to help you become an EXPERT today! - \$35 for the 4 week session

Thursday 5pm -

***Motion/dance party**

LEARN a 5 eight count dance to help you master your motions, facials and attitude! With our fun and creative moves...you will be dancing your summer away! Add this dance to your repertoire and always have moves to bust out at the right time!! This could be the difference between the back of the formation and the front this upcoming season, don't miss out! - \$35 for the 4 week session

Thursday 5:45pm -

***Creative transitions**

WE will learn how to make transitions in a routine anything but choppy! We will focus on being clean but also add flow and style from section to section! We will show you how to add minor sass for a HUGE outcome! The little things count, sometimes it comes down to the spirit, smiles and overall appeal! Do you have what it takes?! Find out today! - \$35 for the 4 week session

#BONUS DEAL#

Sign up for each session and take unlimited classes for \$100 for all four weeks! That's right, only \$100 for UNLIMITED classes each session!

I recommend signing up for both sessions. Teaches and allows consistency and progression happens most when training stays consistent!

*****PLEASE NOTE*****

On July 10-12th we will not have class as kids going to cheer camp are in Mass.! The classes will be made up, times TBD.

Sign up today at www.wiscassetrec.com

