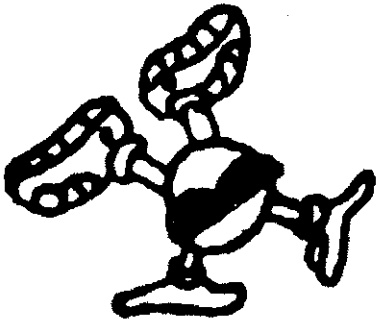


Cheerleading & Tumbling Classes

*** COME SEE WHAT'S NEW THIS YEAR!!



Offered by the professional staff
of *Freedom Cheerleading*.

Wednesdays from

2:00-3:00 = K3-K5

3:00-4:00 1st-5th grade

Monthly Fee:
\$40
Registration Fee
w/FREE T-shirt:
\$15

Please send in monthly payment with
provided coupon booklet!!!
A \$10 late fee will be assessed after the 10th.

FOCUS OF EACH CLASS:

Cheer Portion: Focus on the execution of motions, jumps, and overall presentation. Students will learn fun and popular cheers, chants, and dances. Beginning elements of partner stunting will be highlighted in each class.

Tumbling Portion: Students will be taught proper progression and technique as they excel to more difficult levels. Classes will focus on motor skill development and fundamentals of tumbling such as rolls, back bends, cartwheels, hand stands, and round-offs.

Age-appropriate activities to increase flexibility, balance, and coordination are incorporated into each class, as well. Each class will conclude with light conditioning to increase strength and endurance for each individual.

TRAINING AIDS:

We will use a variety of tumbling aids including mats, inclines, wedges, balls, hoops, parachute, and ropes.

HOW DO I SIGN UP??

1. Call *Freedom* at 706-324-6033 to sign up for the FREE trial class.
2. Each parent must complete a medical release form for each child.

Please visit our website:
www.freedomcheerleading.com

FREEDOM'S PHILOSOPHY

Built on a commitment of excellence of developing well-rounded athletes and individuals, *Freedom* offers what everyone expects and more of a cheerleading and tumbling training center. Not only are we committed to the development of the highest skilled athletes in the sport, but also to the development of self-esteem, leadership, and character. With a foundation built on biblical values, we always strive to exemplify the ways of Jesus Christ in all we say and do.