



CHEER CLINICS

SUNDAY, SEPTEMBER 18, 2011

ACE Kid's Clinic

9:00am - 11:00am, ages 5 - 11, \$17 per person / \$15 per sibling

Work as a squad to learn an All Star Cheer Routine from the Altius Cheer Elite coaching staff. Practice stunts, motions, jumps, dance, and tumbling; then combine all of those elements into a routine. The clinic will end with a performance at 11:00 - parents are encouraged to watch! ACE Team members will also demonstrate of advanced stunting and tumbling.

Standing Tumble Boot Camp

12:00pm - 1:00pm, ages 9 - 18, \$9 per person / \$7 per sibling

An hour of intense standing back tumbling training with the Altius Cheer Elite staff! Perfect your technique for standing back handsprings and back tucks using drills and spotting stations with our awesome ACE coaches.

Register online at www.AltiusCheerElite.com

or over the phone at 414-421-1200.

Space is limited; early registration recommended.

Altius Gymnastics & Cheer
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414-421-1200 AltiusGymnastics.com