



 **Annapolis Valley**  
*Cheer Club*



# RECREATION CLASSES 2013-2014

**At AVCC we offer something for everyone, from recreational non-competitive programs, to Pre-Competitive teams and, of course, our fully competitive All-Star Program. Our Recreation programs are a great way to get involved in Canada's fastest growing sport, with less commitment than is required at the All-Star and Pre-Competitive levels. All recreation teams/classes will perform in our annual Spring Showcase.**

Anyone can join our recreation programs, all you need to do is find the class that suits you, and get in touch with us to register.

This year AVCC will be offering 4 recreation classes:

☆ **GymKids-** Ages 2-4

Class time for GymKids is Mondays 4:15pm-5:00pm, at Central Kings High School. In this class children will learn the fundamentals of Cheer and Gymnastics. They have fun, play games and learn while doing so. This class not only helps with balance, coordination and motor skills, but exposes children to social skills as well!

☆ **Pom Squad-** Ages 12 and under

Class time for Pom Squad is Mondays 5:00pm-5:45pm at Central Kings High School. Pom Squad class focuses on motion placement and learning to dance in complete unison. Students will learn proper kicks, leaps, turns, toe touches, and tricks as well as focus on choreography.

☆ **CheerBasics-** Ages 10 and Under

Class time for CheerBasics is Mondays from 5:45pm-6:30pm, at Central Kings High School. This team will learn all aspects of cheerleading, stunts, tumbling, jumps, gymnastics and dance. They will combine these skills to create a fun, entertaining routine.

☆ **Cheernastics/Acro-** Ages 12 & under

We have combined the Cheernastics tumbling class with Acro this season so athletes can get more diverse instruction during their class. Class time for Cheernastics/Acro is Mondays from 6:30pm-7:15pm, at Central Kings High School. This class will focus on the gymnastics portion of cheerleading, learning proper techniques for tumbling. This introductory class stresses

the fundamentals and techniques of basic and intermediate skills such as forward and backward rolls, handstands, cartwheels, round-offs and bridges, limbers, walkovers, combined with acro fundamentals. Acro is a combination of dance and gymnastics. Students will learn how to properly develop acrobatic and gymnastics skills with an emphasis on strength and flexibility. With unique choreography, students will learn to seamlessly blend dance and acrobatics as seen in such places as Cirque du Soleil.

**RECREATION CLASS COSTS**

**45 Minute Recreation Class**

**\$250.00+hst= \$287.50**

**Option 1:** \$57.50 (5 bi-monthly payments)

**Option 2:** \$31.94 (9 monthly payments)

☆ Costume fee separate

**1 Hour Recreation Class**

**\$280.00+hst= \$322.00**

**Option 1:** \$64.40 (5 bi-monthly payments)

**Option 2:** \$35.77 (9 monthly payments)

☆ Costume fee separate

Additional Fees for Recreation Classes (Due Oct. 5, 2013)

☆ Costume \$50.00-\$80.00, depending on class. Costume is decided on in September.

CheerBasics Athletes are required to wear white, athletic sneakers (these can be ordered through AVCC, or purchased individually at Wal-Mart, Payless etc).

You can register for AVCC's Recreation classes all summer by contacting the director at (902) 691-3331 or emailing [av\\_cc@hotmail.com](mailto:av_cc@hotmail.com).

We will also be present at Youth Registration in Berwick Town Hall on September 6<sup>th</sup> from 6pm-9pm, and September 7<sup>th</sup> from 9am-12pm. Recreation and Pre-Competitive classes start the week of September 9, 2013.

We are very excited to welcome you as an AVCC athlete this season!