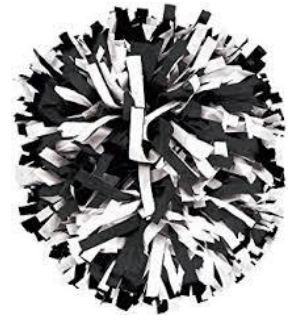


**STORTFORD CHEERLEADERS
CHEER & ACRO WORKSHOP
THURSDAY 3rd JAN 10AM-2PM
AGES 7-14 £15**



Join Stortford Cheerleaders for a workshop day, building on all elements of Cheerleading including Cheering, Chanting, Dancing, Gymnastics and Stunting.

Your child will enjoy working as part of a team, supporting each other as a group, gaining a desire for Cheer Spirit and will make new friends!

The day will start with a high energy cardio warm up including a pom pom dance, moving on to strength, flexibility and balance skills. We will cover fundamental skills for tumbling and partnering including how to be safe.

This workshop promises to be fun for everyone regardless of ability.

If you would like to come to Stortford Cheerleaders Cheer & Acro Workshop on Thurs 3rd Jan located at Hillmead Primary School, please contact Cressy MacDonald-Williams at stortfordcheerleaders@hotmail.com or 07788561175 to book your place.

Places are limited and will be given on a first come first served basis.

SC

stortfordcheerleaders@hotmail.com

ACROBATIC
CREATING THE WORLD'S MOST
TRUSTED ACRO PROGRAMS
ARTS

