



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE'VE GOT SPIRIT, HOW 'BOUT YOU?

## Cheer Clinic ROCKY MOUNT

Put some pep in your step during this interactive six-week program! Learn the basics of cheerleading through led choreography, stunting, jumps, chants and cheers. Participants will be introduced to sideline cheers, cheer dance routines & more! Cheerleaders will build self-confidence and self-esteem while developing social skills and healthy relationships with other girls. Our caring and animated instructors provide a safe environment for your child to develop and grow. No tryouts or experience required! Open to ages 11-14.

**WHEN:** Tuesdays, February 26th-April 2nd  
**TIME:** 4:15pm-5:15pm  
**LOCATION:** GYM  
**PRICE:** \$40/Members, \$60/Non-Members



Franklin County Family YMCA  
235 Technology Drive  
Rocky Mount, VA 24151  
(540)489-9622