



Cheer 101 3-Day Camp

Day One:

- 9:00 – 10:00 ~ Camp Stretch / Meet n' Greet
- 10:00 – 11:00 ~ Cheers & Chants Class
- 11:00 – 11:30 ~ Buddy Time (Individual help with material)
- 11:30 – 12:30 ~ Stunt Class
- 12:30 – 1:15 ~ LUNCH BREAK
- 1:15 – 2:00 ~ Jump Technique Class
- 2:00 – 3:00 ~ Dance Mania Class
- 3:00 – 4:00 ~ Tumbling Class
- 4:00 – 5:00 ~ Basket Builders Class

Day Two:

- 9:00 – 9:30 ~ Camp Stretch
- 9:30 – 10:00 ~ Cheers & Chants
- 10:00 – 11:00 ~ Pyramid Builders Class
- 11:00 – 12:00 ~ Performance Focus Class
- 12:00 – 12:45 ~ LUNCH LUNCH LUNCH
- 12:45 – 1:30 ~ Dance/Motions Class
- 1:30 – 2:30 ~ Transitional Stunts Class
- 2:30 – 3:00 ~ Jump Class
- 3:00 – 5:00 ~ Choreography Class

Day Three:

- 9:00 – 9:30 ~ Camp Stretch
- 9:30 – 10:30 ~ Choreography Marking Class
- 10:30 – 11:30 ~ Basket Builders Class
- 11:30 – 12:00 ~ Buddy Time Review Material
- 12:00 – 12:45 ~ LUNCH BREAK
- 12:45 – 1:00 ~ Jumps & Motions
- 1:00 – 2:30 ~ Tumbling Class
- 2:30 – 3:30 ~ Twisting Dismounts Class
- 3:30 – 4:00 ~ Review all camp material
- 4:00 – 5:00 ~ Parents we invite you to come and see what your kids have learned during camp!