

RECREATIONAL INFORMATION PACKAGE

2023-2024



RECREATIONAL CHEERLEADING

Here at Cheer Sport Sharks, we know and LOVE cheerleading! We are industry experts - come and learn from the best while having FUN! We offer many different ways to get involved in our sport, and have options to fit every commitment level. Recreational cheerleading is one of the many ways to dip your toe in the water and see what cheerleading is all about.

Our one-of-a-kind dynamic recreational cheerleading curriculum is designed to fit the needs and aspirations of every child.

Recreational programming is available for ages 3 to 12 with a focus on developing a robust cheerleading skill set including tumbling, jumping, stunting, dance, coordination, balance, flexibility, strength, teamwork, and confidence. Classes are structured around athletes' ages and run once per week.



At Cheer Sport Sharks, we're all about keeping the fun in youth sports. We welcome you to join our teal family for a FIN-tastic experience!

RECREATIONAL CLASS STRUCTURE

Our recreational programs are 60-90 minutes classes with a central focus on the foundational elements of cheerleading. These classes are highly active and structured, led by our JAWsome rec coaches. Once a week for 10 weeks your child will have the opportunity explore the various elements of cheerleading, including:

Stunting

Stunting is one of the key elements of cheerleading. Throughout the session your child will learn the various basic elements of stunting.



Tumbling

Tumbling is an incredibly popular and fun aspect of our sport. Our sessions involved highly structured circuits and stations that will allow your child to build and develop their tumbling skills.



Jumps and dance

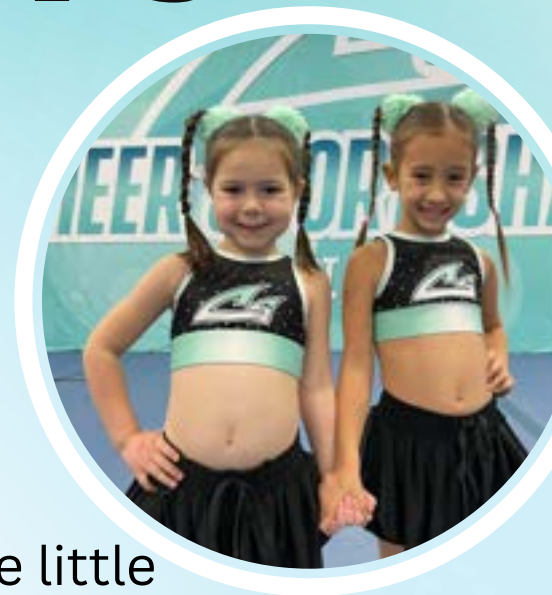
Jumps and dance are some of the more performative aspects of the sport! These elements are high-energy and a TON of fun.

AGE GROUPS

Mini and Me

Ages: 18 months - 3 years

Mini and Me is an entry level class for the little active Shark in your home with Parent assistance. Specially designed to cater to the learning styles of 18 month-3 years, athletes will learn the basics of cheerleading and build strength, coordination, flexibility and balance in a fun & energetic environment with knowledgeable coaches.



Teeny Tiny

Ages: 3-4

Teeny Tiny is an entry level class for the little active Shark in your home. Specially designed to cater to the learning styles of three and four year olds, athletes will learn the basics of cheerleading and build strength, coordination, flexibility and balance in a fun & energetic environment with knowledgeable coaches

AGE GROUPS

Mighty Mini

Ages: 5-7

These little Sharkies can enter our Mighty Minis program without any previous cheerleading experience. In Might Minis athletes begin to master the basics of cheerleading and focus on achieving more challenging skills. Athletes will practice the core foundation of what makes up cheerleading; stunting, tumbling, jumps and dance.



Jumping Juniors

Ages: 8-11

Jumping Juniors is the best of both worlds. It is a great beginner program for those who have never tried cheerleading before but for the athletes coming from Teeny Tinies and Mighty Minis, we will continue to work on a variety of more difficult skills and explore new elements of the sport. Athletes will work on all aspects of the sport; stunting, tumbling, jumps and dance.

AGE GROUPS

Super Seniors


Ages: 12-17

Super Seniors is the best of both worlds. It is a great beginner program for those who have never tried cheerleading before. Athletes will work on all aspects of the sport; stunting, tumbling, jumps and dance. Throughout the 90 minutes each athlete will grow and improve on their strength, coordination, flexibility and balance.



FIN-PORTANT DATES

<i>Session</i>	<i>Up for View</i>	<i>Registration Opens</i>	<i>Start Dates</i>
<i>Fall</i>	July 14th	August 1st 9:00 AM	Sept 16th
<i>Winter</i>	September 15th	October 1st 9:00 AM	January 6th
<i>Spring (mini session)</i>	January 15th	February 1st 9:00 AM	March 18th
<i>Summer</i>	April 20th	May 1st 9:00 AM	TBD



HALF YEAR OPPORTUNITIES

Ready for more?

Make a splash with our Half year teams at Cheer Sport Sharks. These groups train from January- March and end their season with a family showcase celebration!

11 WEEK PROGRAM: Once a week for 60/90 Minutes (age dependent)

Our Half Year Team is a great beginner option to get involved in cheerleading. Running from January until March, this is a great entry into the sport of cheerleading- building a routine with your teammates without the same level of time and financial commitment as our more competitive teams. Half Year teams focus on all the fundamentals of the sport; stunting, jumping, tumbling, dance and performance and put these fundamentals into a routine. Cheerleading helps in developing balance, strength, body awareness and coordination while working together as a TEAM towards the same goal (successfully hitting their routine at the end of season showcase). This is a great program for athletes with no experience, any previous recreational dance or gymnastics experience; especially those coming from our recreational program!

This program is a perfect stepping stone for those looking to prepare for a more competitive program for next season!

RECREATIONAL CAMPS

Campers aged 4-12 spend the day in one of our cheerleading gyms learning the fundamentals of cheerleading including stunts, jumps and tumbling. There is also tons of games, arts and crafts and other traditional day camp programming. All prices include FREE 8 a.m. drop-off and 5PM pick-up extensions. Half day recreational camps available in combination with tumbling camps to better accommodate busy families.

For questions and inquiries regarding recreational camps, please email Carli at carli@cheersportsharks.com

Camp options:

- PD days
- Winter break
- March break
- Summer break

