



Summer 2009 at Premier Cheer Inc.

Rochester's first cheer tumbling training center
"Turning Cheerleaders Into Champions"

Youth Tumble and Cheer Camps

Ages 5-11yrs

Learn a new cheer/Dance each week, stunting, and jumps and basic tumbling

- ★ Weekly Sessions: July 9th – August 24th
- ★ Monday-Friday; 9am-4pm; early drop off and late pick up available free of charge;
- ★ \$175.00 per week; sign up for any 4 weeks get the 5th week **FREE**
- ★ Pizza Party and Cheer Off every Friday
- ★ Different theme each week

Week	Dates	Theme
#1	June 29 th - July 3 rd	Under the Sea
#2	July 6 th – July 10 th	Patriotic
#3	July 13 th – July 17 th	Hawaiian
#4	July 20 th – July 24 th	Super Star
#5	July 27 th – July 31 st	Summer Time Fun
#6	Aug 3 rd - Aug 7 th	Western

Tumble Camp

Ages 5-18yrs

Session 1: 9am-12pm

Session 2: 1pm-4pm

- ★ Cost per session is \$90 for gym members; sign up for any 4 weeks get the 5th week **FREE**

Week	Dates	
#1	June 29 th - July 3 rd	Beginners to Advance (<i>backhand spring to fulls</i>)
#2	July 6 th – July 10 th	Beginners to Advance (<i>backhand spring to fulls</i>)
#3	July 13 th – July 17 th	Beginners to Advance (<i>backhand spring to fulls</i>)
#4	July 20 th – July 24 th	Beginners to Advance (<i>backhand spring to fulls</i>)
#5	July 27 th – July 31 st	Beginners to Advance (<i>backhand spring to fulls</i>)
#6	Aug 3 rd - Aug 7 th	Beginners to Advance (<i>backhand spring to fulls</i>)
#7	Aug. 10 th – Aug. 14 th	Beginners to Advance (<i>backhand spring to fulls</i>)
#8	Aug. 17 th – Aug. 21 st	Beginners to Advance (<i>backhand spring to fulls</i>)
#9	Aug. 24 ^h – Aug. 28 th	Beginners to Advance (<i>backhand spring to fulls</i>)

Try-Out Prep Camp- Ages 12-up

Designed to prepare you for your Fall Try-Outs: advance tumbling and stunting, jumps, arm motion etc.

- ★ Sign up as an individual or Team/squad
- ★ Monday-Friday; 9am-4pm - call for dates
- ★ Cost \$175.00
- ★ Free Cheer Bag

Summer Classes

June 29th – Aug 21st; Monday-Thursday

- ★ Cheer Tumble Classes-**5 Levels**
- ★ Team Tumbling for High School and Youth Teams
- ★ The Summer Sessions \$120.00

Class schedule TBD-visit www.premiercheerinc.com or call 244-CGYM(2496) for more information