



# PDS Cheer & Tumbling

The Powerhouse Dance Studio is excited to announce the new Cheer & Tumbling program: PDS CHEER!

This program is such a fun way to build self-esteem and confidence. Whether you're just beginning or very advanced – we have a place for you! We have three different squads and they are scheduled as follows:

**Fridays 2-3pm: PDS Mini Cheer(4-6yrs)**

**Fridays 3-4pm: PDS Junior Cheer (7-11 yrs)**

**Fridays 4-5pm: PDS Senior Cheer (12 yrs and older)**

In each class we will learn cheer technique, dance/hip-hop routines and tumbling skills. We have a professional tumbling track and the NCAA guidelines will be taught to ensure proper technique and safety.

## **What is the cost?**

**Monthly tuition is \$30** whether there are 3 or 5 classes. We will average 4 classes a month. The first month's tuition is due at registration. Checks are payable to Dacia Jackson and are separate from Powerhouse Dance tuition.

**Costumes are mandatory** and are \$50 – due September 15<sup>th</sup>. They will include a shell, long-sleeved top, skirt and shorts (to go under). You will need to get your own white tennis shoes.

## **What is the time commitment?**

Your squad will count on you, so please don't miss class. We would love to cheer at various community events and **there will be ONE competition on May 21<sup>st</sup>, 2011** at Lagoon. MARK this date, because it's going to be AWESOME!

We're so excited for this program, so bring your friends and come try it out!

Visit [www.PowerhouseDancer.com](http://www.PowerhouseDancer.com) for more info

