

EP/WP ok 4/28/18

ST. ANNE'S COMPETITION TEAM

# CHEER ARMY

2018

## Open Gym

TUESDAYS 6:00-8:00PM  
MAY 8, 15, 22, 29

**FREE**

**LOCATION:** ST. ANNE'S GYM  
15-05 ST. ANNE'S ST, FAIR LAWN

**WHAT TO WEAR?**  
WORKOUT CLOTHES + SNEAKERS  
BRING WATER

OPEN TO ANYONE INTERESTED IN LEARNING ABOUT  
COMPETITION CHEERLEADING. OPEN TO GRADES K-12  
GIRLS/BOYS. FREE OF COST.

WE WILL BE WORKING ON MOTIONS, TECHNIQUE,  
JUMPS, STUNTS, DANCE, AND CONDITIONING.

\*A MEDICAL RELEASE FORM MUST BE  
COMPLETED ON FIRST DAY OF OPEN GYM\*

Join our Cheer  
Family

A WINNING TRADITION!

FOR MORE INFORMATION CONTACT COACH KARIN  
KARINM1004@GMAIL.COM

