



# hello SUMMER Cheer Camps

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**WE ARE  
VALLEY STRONG**

**www.valleystars.com**

## Rec & Prep Cheer

These classes are a fun, low commitment introduction to cheerleading to learn basic cheer skills and make new friends. Rec classes are also available throughout the year and run once a week for four months (Sep-Dec & Jan-Apr).

Half Day Camp 9:00 am – 12:00 pm **\$75.00/wk**  
Full Day Camp 9:00 am – 3:00 pm **\$125.00/wk**

July 10-14 & August 21-25

*\*All rec and prep cheer camps require a minimum of six participants for each camp for both half day and full day.*

## Monthly Tumbling\*

– 1 hour sessions (5:30-6:30 pm as noted below)  
– Drop-ins allowed, space permitting **\$15/class**

July Tumbling **\$73.00** (7 sessions)  
July 10,11,13,17,18,19,20

August Tumbling **\$94.00** (9 sessions)  
August 8,9,10,14,16,17,21,22,23

## Parkour & Acro \$52.00\*

A mix of parkour, tumbling and partner tricks using custom equipment and specially trained instructors. Perfect for energetic boys and girls of all ages!

July 17-20 10:30 am – 12:00 pm  
August 8-11 1:00 pm – 2:30 pm

## Private Tumbling\*

Based on availability, rates vary dependent on times and levels.

*\* \$20 insurance fee applies to all new tumbling members not previously registered in 2016/17.*

## Allstar Cheer Skills Level 1 (all ages welcome)

Practice cheerleading skills in a fun and safe environment with skilled instructors, including motions, dance and jumps. Age specific tumbling training and technique with sprung floor practice. Spotting, stunting and building skills and drills.

July 17-19 12:30 pm – 3:00 pm  
August 21-23 1:00 pm – 3:30 pm

## Allstar Cheer Elite Skills Level 2-4

Learn and master all jump variations. Complex motions and dance combos. Advanced tumbling training and technique. Advanced stunting and flyer training. Mandatory for all elite level athletes.

Level 2 July 10-12 12:00 - 2:30  
Level 3/4 July 10-12 4:30 - 7:00

## Allstar Cheer Elite Choreography Level 2-4

Mandatory choreography sessions for all elite cheer levels 2, 3, and 4.

Level J2 August 16-18 10:00 – 12:30  
Level Y2 August 13 10:00 – 2:00  
August 14 10:00 – 1:00  
Level J3 August 13 3:30 – 6:30  
August 14 2:30 – 5:00  
August 15 10:00 – 12:00

## JOIN VALLEY STARS!

We would love to have you join our Valley family during the cheer season! We have a team for every age and skill level from beginner to elite and pride ourselves in an environment that builds friendships and skills through commitment and hard work.