

# *Flyers All-Starz Cheerleading*

*Recreational & Regional Programs*  
**Information document**  
**2026-2027 Season**



**Contact us:**  
**(514) 332-3777**  
**[info@flyerscheerleading.net](mailto:info@flyerscheerleading.net)**  
**[flyerscheerleading.net](http://flyerscheerleading.net)**

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**Flyers Cheer Gym**  
**Montréal**

**9233 Thimens Street**  
**Pierrefonds, Quebec,**  
**H8Y 0A1**



# Flyers All-Starz

## Welcome to our F.A.mily

Flyers is committed to providing you with high-quality training in cheerleading and tumbling. We offer top-quality equipment as well as qualified coaches to help you improve your skills as an athlete.

With more podium finishes than any other cheerleading gym in Canada, Flyers All-Starz is recognized for having one of the best programs in the country, as well as one of the top elite programs in the world!

No experience is required to participate in the evaluation process for team selection.



**Hundreds of podium finishes**

**World-renowned coaches**

**A club that has reached the world podium 42 times**

**21 World Champion titles**



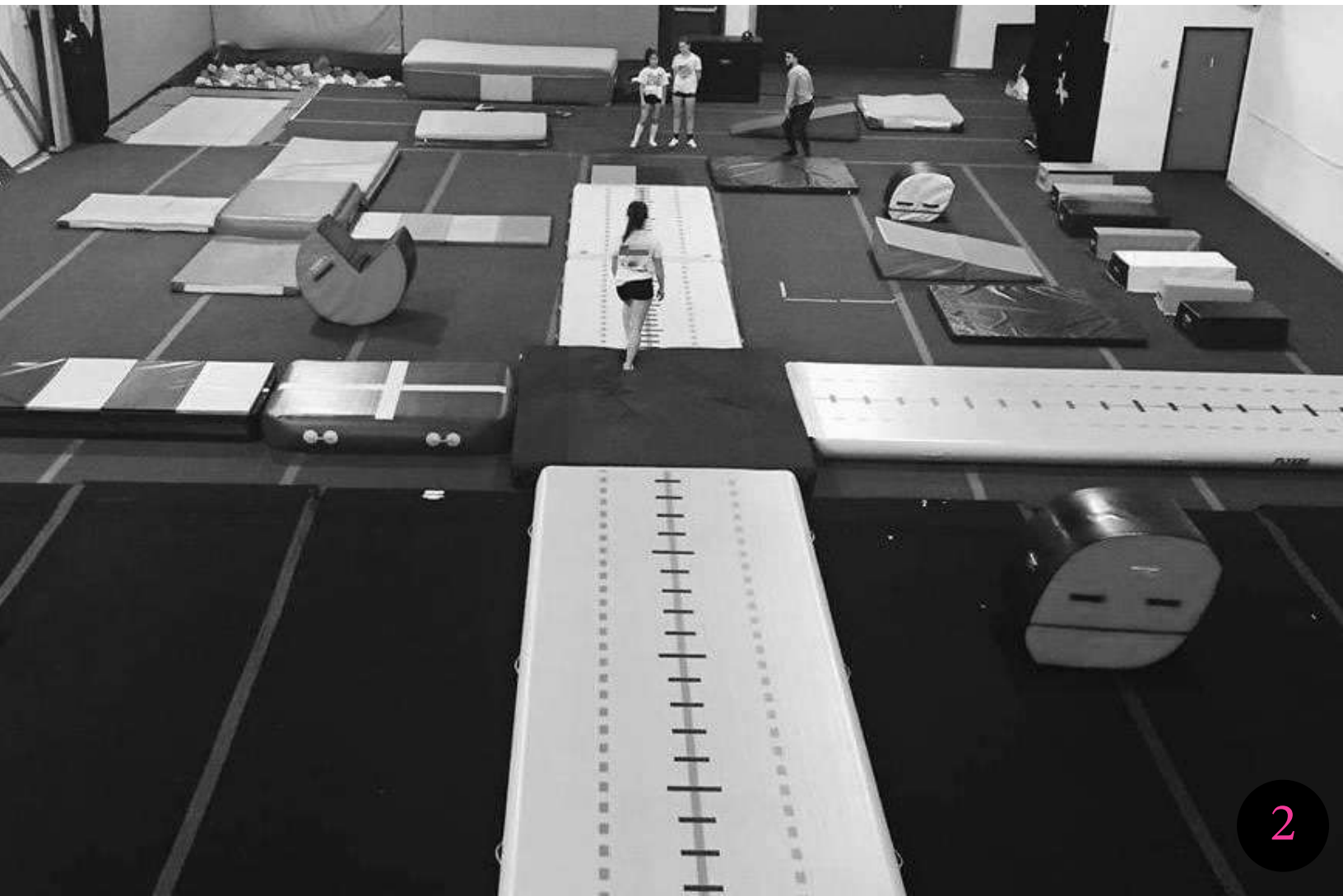
## Summary

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## Flyers Cheer Gym

*Flyers Cheer Gym offers a safe, structured, and supervised training environment that allows athletes to develop in a setting that supports learning, confidence, and optimal progress*

- Two standard spring floors for cheerleading (9 panels)
- One in-ground trampoline
- One 40-foot in-ground tumble track
- A dedicated tumbling training area
- A large foam cube pit accessible from the trampoline, tumble track, and floor
- Extensive gym equipment: rolls, mats, cheese mats, air tracks, and more
- A locker room, pro shop, and athlete lounge with microwave access
- High ceilings
- Acrobatic bungee systems
- A filming balcony so teams can review performances and coaches can evaluate them
- A party room for children's birthdays





# Flyers All-Starz - Our programs

<b>Recreational Programs</b>	<p><b>Cheer Fun</b></p> <p>Introduction to Cheerleading (Information on page 4)</p>	<p><b>Age :</b> 3 to 7 years old</p> <p><b>Inclusions:</b></p> <ul style="list-style-type: none"> <li>• 1 class of 1 hour per week</li> <li>• Practice T-Shirt (recreational- regional model)</li> </ul>	<p><b>Registration fee :</b> \$ 55</p> <p><b>Training fees:</b> \$ 48 / month</p>
	<p><b>Initiation to cheerleading</b></p> <p>Introduction to cheerleading routines, including dance, tumbling, stunts, and teamwork—all in one exciting program (Information on page 5)</p>	<p><b>Age :</b> 3 to 12 years old</p> <p><b>Inclusions:</b></p> <ul style="list-style-type: none"> <li>• One 1.5-hour class per week</li> <li>• Cheerleading routine</li> <li>• Performance at the Pink Premier Show (November) and the Pink Finale Show (April)</li> <li>• Practice T-shirt (Recreational/Regional model)</li> </ul>	<p><b>Registration fee :</b> \$ 140</p> <p><b>Training fees:</b> \$ 68 / month</p>
	<p><b>Tumbling</b></p> <p>Floor tumbling (Information on page 7)</p>	<p><b>Age :</b> 6 years old and up</p> <p><b>Inclusion:</b></p> <ul style="list-style-type: none"> <li>• 1 class of 1 hour per week</li> </ul>	<p><b>Fees :</b> \$ 58 / month (access to 1 class per week)</p>
<b>Régional Program</b>	<p><b>Introduction to competitive cheerleading</b></p> <p>The perfect introduction to the world of competitive cheerleading. (Information on page 6)</p>	<p><b>Age :</b> 5 to 16 years old (born between 2010 and 2021)</p> <p><b>Inclusions:</b></p> <ul style="list-style-type: none"> <li>• 2 hours of cheerleading training per week</li> <li>• Cheerleading routine</li> <li>• Performance at the Pink Premier Show (November) and the Pink Finale Show (April)</li> <li>• Participation in two competitions (December 2026 and March or April 2027)</li> <li>• Practice T-shirt (Recreational/Regional model)</li> <li>• Full competition uniform (Regional model)</li> <li>• Competition hair accessory</li> </ul>	<p><b>Registration fee :</b> \$ 435</p> <p><b>Training fees:</b> \$ 79/ month</p>
<b>National and International competitive program</b>	<p><u><a href="#">If you are interested in our National Program, please click here to access the complete program information guide.</a></u></p>		



# Flyers All-Starz

## Recreational Programs

### Cheer Fun (3 to 7 years old)

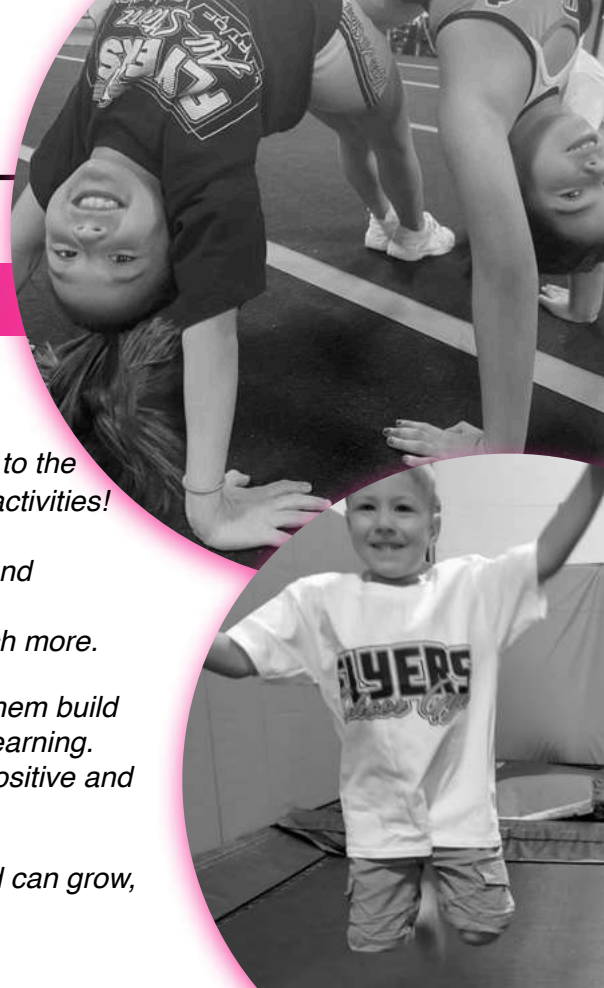
#### Cheerleading Discovery & Fun

Welcome to **CheerFun**, a one-hour program designed to introduce children to the exciting world of cheerleading through fun, engaging, and age-appropriate activities!

This unique recreational program focuses on providing a safe, supportive, and encouraging environment where children can discover the fundamentals of cheerleading, including floor tumbling, dance, stunts, coordination, and much more.

CheerFun is designed to promote each child's personal growth by helping them build confidence, develop new skills, challenge themselves, and have fun while learning. Every class encourages teamwork, creativity, and active participation in a positive and motivating atmosphere.

Join us for an hour of excitement, learning, and laughter—where every child can grow, express themselves, and discover the joy of cheerleading!



**Age :** 3 to 7 years old

**Season / session:** Registration at all times

**Inclusions:**

- 1 class of 1 hour per week
- Practice T-Shirt (Recreatif-Regional model)

**Registration fee\* :** \$ 55

**Training fees\* :** \$ 48/ month

*\*Non-taxable. Amilia processing fees apply.  
Please note that all fees are non-refundable*

Group	Regular session schedule (September to April)
Tiny Flyers (3-7 years old)	Monday 5:30 PM to 6:30 PM

[Register on Amilia.](#)  
[Click here](#)





# Flyers All-Starz

## Recreational Programs

### Initiation to cheerleading (3 to 12 years old)

This program focuses on providing a safe and engaging introduction to cheerleading in a dynamic and supportive environment. While having fun, children progressively learn the fundamental skills and techniques of cheerleading, including floor tumbling, dance, stunts, coordination, and performance development.

Throughout the season, participants work on a choreographed routine that will be performed at the official Flyers shows in November and April.

Beyond technical skill development, this program supports each child's personal growth by encouraging them to challenge themselves and build confidence and self-esteem. Participants develop valuable physical and social skills while evolving in a safe, positive, and encouraging environment where enjoyment remains at the heart of the experience.



**Age :** 3 to 12 years old

**Season / session :** Registration at all times

**Inclusions:**

- 1 x 1.5-hour class per week
- Cheerleading routine instruction
- Participation in the Pink Premier Show (November) and the Pink Finale Show (April)
- Practice T-shirt (Recreational/Regional model)

**Registration fee :** \$ 140

**Training fees:** \$ 68/ month

*\*Non-taxable. Amilia processing fees apply. Please note that all fees are non-refundable*



Groups	Summer schedule (Start: July 6 2026)	Regular season schedule (September to April)
<b>Pink Charms (3-4 years old)</b>	Beginning of Sept 2026	Saturday 9 AM to 10:30 AM
<b>Pink Crush (5-6 years old)</b>	Monday 5:30 PM to 7 PM	Saturday 12h45 PM to 2h15 PM
<b>Pink Crowns (6-12 years old)</b>	Monday 5:30 PM to 7 PM	Sunday 9 AM to 10:30 AM
<b>Pink Fever (6-12 years old)</b>	Monday 5:30 PM to 7 PM	Wednesday 6 PM to 7:30 PM

**Register on Amilia.**  
**Click here**



# Flyers All-Starz

## Regional Program

### Regional Cheerleading (5 to 16 years old)

**Perfect for athletes beginning their journey in competitive cheerleading.**

This program offers a progressive and safe introduction to this dynamic sport. Children will have the opportunity to develop their skills in floor tumbling, dance, stunts, coordination, and performance, all while having fun.

It encourages participants to explore new challenges and gradually push their limits, helping to build confidence and self-esteem. They will also develop valuable social skills such as teamwork and communication.

\*No evaluation required.



**Age :** 5 to 16 years old (born between 2010 and 2021)

**Season / session :** Registrations at all times

**Inclusions:**

- 2 hours of cheerleading per week
- Cheerleading routine
- Participation in the Pink Premier Show (November) and the Pink Finale Show (April)
- Participation in two competitions (December 2026 and March or April 2027)
- Practice T-shirt (Recreational/Regional model)
- Full competition uniform (Regional model)
- Competition hair accessory

**Registration fee :** \$ 435  
**Training fees** \$ 79 / month

\*Non-taxable. Amilia processing fees apply.  
 Please note that all fees are non-refundable

Groups	Summer schedule (Start: July 6 2026)	Regular season schedule (September to April)
<b>Super Starz</b> (Born between 2014 and 2019)	Wednesday 5:30 PM to 7:30 PM	Friday 5 PM to 7 PM
<b>Shining Starz</b> (Born between 2018 and 2021)	Wednesday 5:30 PM to 7:30 PM	Saturday 10:30 AM to 12:30 PM
<b>Fierce Starz</b> (Born between 2014 and 2015)	Wednesday 5:30 PM to 7:30 PM	Saturday 12 PM to 2 PM
<b>Shooting Starz</b> (Born between 2010 and 2013)	Wednesday 5:30 PM to 7:30 PM	Saturday 3:45 PM to 5:45 PM

**Register on Amilia.**  
[Click here](#)



# Flyers All-Starz

## Tumbling Program

### Recreational Tumbling (6 years old and up)

**Perfect for mastering floor tumbling and reaching new heights!**

Step into the world of tumbling at Flyers Cheer Gym, where excellence meets fun on the mat. Our weekly classes are specifically designed to develop each athlete's technical skills and strength, starting from age 6.

We are proud to offer a full range of classes suitable for all levels, from beginner to elite. Each 1-hour session is led by qualified and experienced coaches, ensuring safe and effective progression.

Join us on a tumbling journey where passion, skill, and teamwork grow together!

*\*No evaluation required\**

**Age :** 6 years old and up

**Inclusion:**

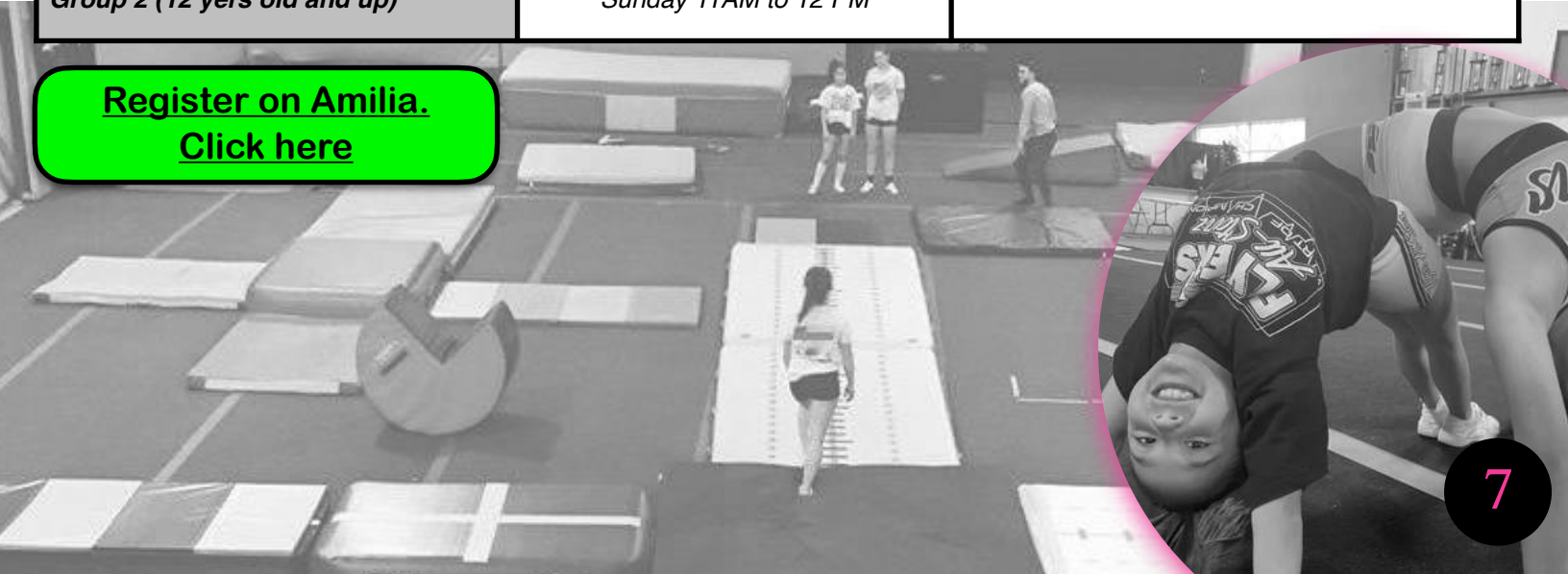
- 1 class of 1 hour per week

**Fees :**

\$ 58 / month  
(for access to 1 class per week)

Groups	Summer schedule (Start: July 12, 2026)	Regular season schedule (September to March)
Group 1 (6 to 11 years old)	Sunday 10 AM to 11 AM	Saturday 2:45 PM to 3:45 PM
Group 2 (12 yers old and up)	Sunday 11AM to 12 PM	

**Register on Amilia.  
Click here**





# Flyers All-Starz

## Competitive National Program

This program emphasizes safe competitive cheerleading practice in a stimulating environment. Athletes will have the opportunity to refine their skills through comprehensive training in cheerleading and floor gymnastics, preparing them for participation in multiple competitions throughout the season.

The primary goal is to develop the technical skills necessary for competition while promoting the athletes' personal growth. This program provides an enriching experience where athletes can push their limits, enhance their self-confidence, and develop qualities such as discipline and determination.

\*Participation to evaluations required.



### Training:

Cheerleading: 2 sessions of 2 hours per week (Summer: 1 session of 2 hours per week)

Tumbling: 1 class of tumbling per week included.

### Competitions:

Minimum 4 competitions plus Nationals in Mississauga, Ontario.

Participation in Pink Premier (November) and Pink Finale (April) shows.

**Levels:** 1 to 5

**Age:** Born in 2019 or earlier

**Season:** July to April

### Training and Tumbling Fees\*: 2010\$

- Includes:
- Technical training in cheerleading and tumbling
  - Weekly cheerleading practices and tumbling classes
  - Management fees and insurance

### Competition Fees\*: 1380\$

- Includes:
- All competitions registration fees
  - \*\*Accommodation and transportation costs for competitions outside Quebec
  - Physiotherapists present at Flyers All-Starz events
- \*\*The amount included for transport and hotel is based on current rates. In case of significant increase, adjustments may be necessary.

### Additional Required Fees\*: 785\$

- Includes:
- 2026-27 Practice Shorts and top
  - 2026-27 Practice T-shirt
  - 2026-27 Team rhinestones T-shirt NEW !!!  
(Not included for athletes registering to a team after October 1, 2026)
  - 2026-27 Flyers competition jacket
  - 2026-27 Competition make up
  - 2026-27 Competition hair accessory
  - Skills training by experts and choreography camp
  - Cheerleading mix by professional DJ
  - Choreography by Flyers All-Starz coaches
  - Cheer Québec affiliation

**Competition uniform\*:** \$ 475 (new model)

### Important :

If you are interested in the National program, please contact us at [info@flyerscheerleading.net](mailto:info@flyerscheerleading.net)  
To receive the complete information document about this program.



## 2026 Summer Day Camp

*This summer, come cheer and tumble at the Flyers Cheer Gym. Staying active is healthy! Our day camp is open to all children aged 5 and over whether they are beginners or advanced in cheerleading. There is a place for everyone.*

*Each week, your children will discover all the different aspects of cheerleading such as stunts, gymnastics/tumbling, dance, jumps and will also participate in a multitude of indoor and outdoor activities (organized games, trampoline, crafts, water games...) Come make friends, laugh and have fun while practicing your favorite sport in a safe and secure environment.*

### **Schedule:**

*Day camp: 9 am to 4:30 pm*

*Daycare: 8 am to 9 am & 4:30 pm to 5:30 pm (included)*

### **Show:**

*With the help of their coaches, the children will learn a cheerleading routine throughout their week at camp. We invite all parents to attend the mini show on Friday at 4:15 pm to end the camp week.*



### **Registration:**

*To register at summer day camp, click on the link below:*

*[Click here to register to day camp](#)*

### **Fees:**

*5-day Camp: \$275/week. Before and after supervision included.*

*3-day Camp: \$199/week. Before and after supervision included.*



### **To bring for day camp:**

- \*Comfortable clothing for sports (ex: t-shirt, shorts, leggings, sports bra)*
- \*Indoor running shoes*
- \*No jewelry (necklace, earrings etc)*
- \*Your lunch (microwave available)*
- \*Snacks (no nuts, no peanuts, seafood, kiwi)*
- \*Beach towel (for outdoor picnics)*
- \*Refillable water bottle*
- \*Sunscreen*
- \*Hat*
- \*Pump and/or epipen if necessary*
- \*Your beautiful smile :)*



## ***Birthday parties at Flyers Cheer Gym***

*Would you like to host a unique and fun birthday party for your child? Our gym offers children's parties for all ages and levels of experience! We offer fun activities such as cheerleading, jumps, tumbling, dance, and much more. We provide a package that includes a dedicated instructor to oversee and supervise the activities.*

*Our children's parties are perfect for birthdays, end-of-school year events, or just a fun day out with friends.*

***Length:*** 2.5 hours

***Age:*** Kids 3 years & older

***Included:***

*1.5 hours of organized activities in our gym  
1 coach  
Decorated Birthday room*

***Schedule:***

*1:45 pm: Arrival  
2:00 pm: Activities in the gym  
3:30 pm: Cake and gifts in the Party Room  
4:15 pm: End*

***Cost:***

*\$175 for a maximum of 10 children  
\$15 per additional child*

***Choice of activities:***

- ★ *Cheerleading (stunts, pyramids & tumbling)*
- ★ *Flip & Fun (trampoline, tumbling & more!)*
- ★ *Super Heroes (parcours, trampoline & tumbling)*

*Contact us now to book your birthday party at our gym!*

*[info@flyerscheerleading.net](mailto:info@flyerscheerleading.net)*

*514-332-3777*

*A 50% non-refundable deposit is required at reservation.*

*Balance must be paid the day of the event.*



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