

# **FLYERS** OTTAWA

## **Flyers Cheer School Information package**



**[flyerscheerleading.net](http://flyerscheerleading.net)**

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# **FLYERS** Cheer School Programs

Flyers Cheer School program is made up of athletes from various schools offering virtual, home school or sport concentration programs. We offer different options to allow athletes to have academic supervision and training sessions according to their school schedule. These programs follow the sanitary measures ensuring the safety of all.

We offer the "VIP" program (all day) and the "Afternoon" program for 3 or 5 days per week. We also offer the « À la carte" option which allows you to choose the days that is best for you.

During these trainings, we work on technique for stunting, tumbling, jumps and dance. We also focus on improving the overall physical conditioning of the athletes by working flexibility, strength, power and endurance. It goes without saying that the athletes improve considerably by joining this program.

## **VIP Program (All day)**

<b>Details</b>	<b>VIP 5 days</b>	<b>VIP 3 days</b>	<b>VIP « à la carte »</b>
<b>Description</b>	All day program School in the morning Training in the afternoon		
<b>Schedule</b>	5 days / week	3 days / week Days of your choice	Day of your choice
	Drop off by parents between 8 to 9 am School and training between: 9 am to to 4:30 pm Pick up by parents between 4:30 to 5 pm		
<b>Fees</b>	\$ 689 / month	\$ 489 / month	\$ 80 / day

## **Afternoon training program**

<b>Details</b>	<b>Afternoon 5 days</b>	<b>Afternoon 3 days</b>	<b>Afternoon « à la carte »</b>
<b>Description</b>	Afternoon only Training in the afternoon		
<b>Schedule</b>	5 afternoon / week	3 afternoons / week Days of your choice	Afternoon of your choice
	Drop off between 12:30 to 1 pm Training between: 1 to 4:30 pm Pick up by parents between 4:30 to 5 pm		
<b>Fees</b>	\$ 389 / month	\$ 249 / month	\$ 50 / afternoon

A minimum of registration is required  
Please note: HST and Amilia fees are not included  
All fees are non-refundable once processed

**To register Flyers Cheer School, click here**