

Flyers All-Starz Cheerleading

Recreational, Regional, and National Program

Information document
Season 2025-2026



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Flyers Cheer Gym
Montreal

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Welcome to the F.A.mily

Flyers is committed to offer high quality training in cheerleading as well as in tumbling. We hire qualified coaches and have quality equipment to help you improve your skills as an athlete!

With more podiums 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 best elite programs in the world!

We guarantee *EVERYONE* a spot on one of our teams! No experience is required to participate in the evaluation process for team placement.

Hundreds of podiums

World-renowned coaches

A club that has won the World podium 39 times

19 World Champion titles



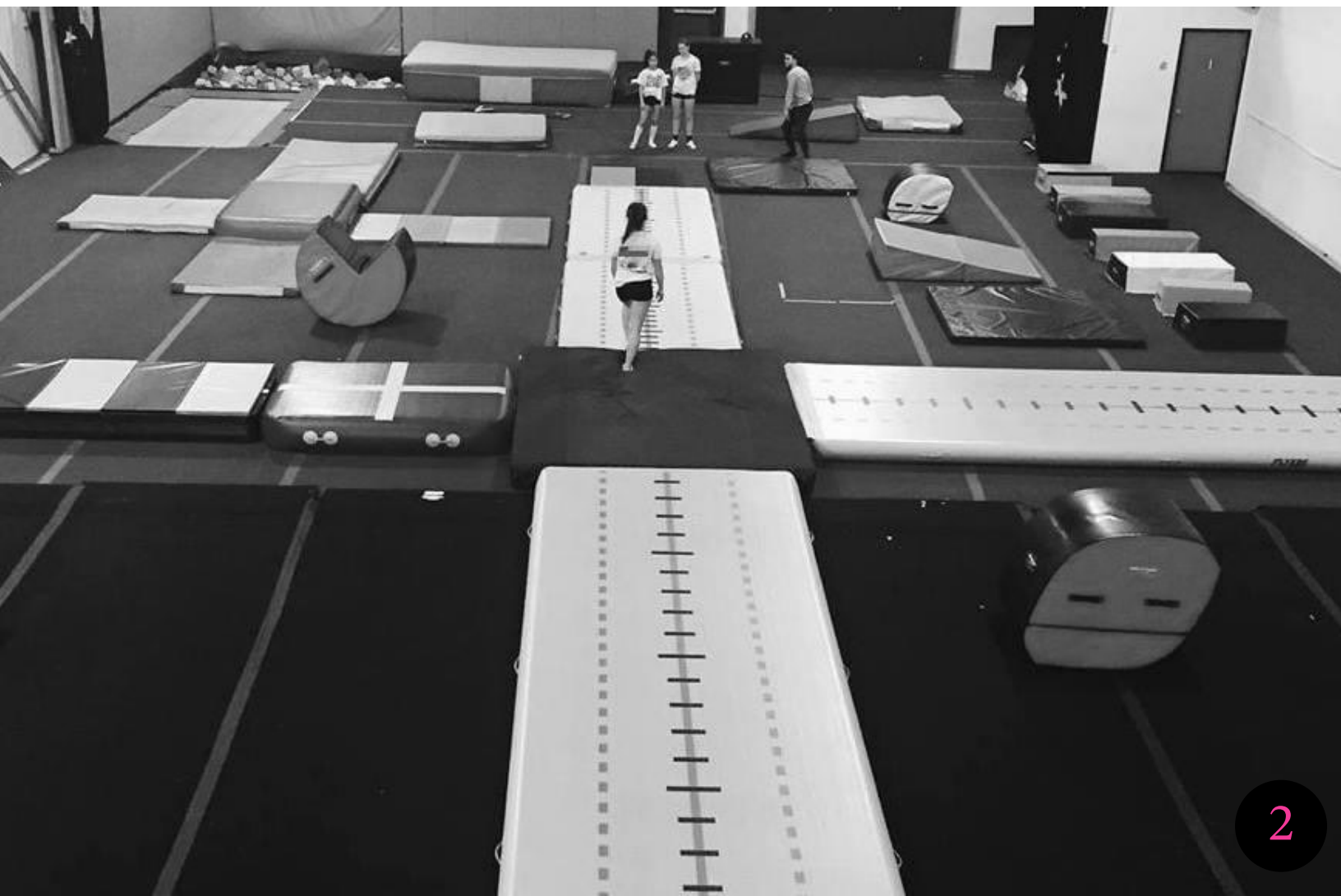
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Flyers Cheer Gym

Without a doubt, our **Flyers Cheer Gyms** are two of the safest places in the country to train in cheerleading, allowing for better athlete progression.

- Two full size standard spring floors for cheerleading (9 panels)
- High performance in-ground trampoline
- 40 foot, *in-ground style tumble-track
- Specialized tumbling zone
- A large foam cube pit served for trampoline, tumble track, and floor exercises.
- Plenty of gymnastic equipment: boulders, mats, cheese, air tracks and more
- A changing room, a pro shop, and an athlete's lounge with access to microwaves.
- Very high ceilings
- *Acrobatic elastics
- A balcony use to record routines and performances so athletes and coaches can analyze them.
- Birthday party room





Flyers All-Starz - Our programs

Parent-Child Program	<p>Mini and Me in Cheerleading</p> <p>Development of Motor Skills and Coordination in Cheerleading (Information on page 4)</p>	<p>Age: 2 to 4 years old</p> <p>Includes:</p> <ul style="list-style-type: none"> • 1 class of 50 minutes per week 	<p>Fees:</p> <p>\$149 per session (10 classes) for the parent-child duo</p>
Recreational Program	<p>Cheer Fun</p> <p>Discovering Cheerleading (Information on page 5)</p>	<p>Age: 3 to 12 years old</p> <p>Includes:</p> <ul style="list-style-type: none"> • 1 class of 1 hour per week • Practice T-Shirt (recreational-regional model) 	<p>Registration Fee: \$50</p> <p>Training Fee: \$45 / month</p>
	<p>Introduction to Cheerleading</p> <p>Introduction to Cheerleading Choreography: Dance, Gymnastics, Acrobatics, and Team Spirit in One Program. (Information on page 6)</p>	<p>Age: 3 to 12 years old</p> <p>Includes:</p> <ul style="list-style-type: none"> • 1 class of 1.5 hours per week • Cheerleading Choreography • Participation in the Pink Premier show (November) and the Pink Finale show (April) • Practice T-Shirt (recreational-regional model) 	<p>Registration Fee: \$130</p> <p>Training Fee: \$64 / month</p>
	<p>Tumbling</p> <p>Floor Gymnastics (Information on page 8)</p>	<p>Age : 6 years and older</p> <p>Includes:</p> <p>1 class of 1 hour per week</p>	<p>Fees:</p> <p>\$55 / month (for access to 1 class per week)</p>
Regional Program	<p>Introduction to Competitive Cheerleading</p> <p>Perfect for starting out in the world of competitive cheerleading. (Information on page 7)</p>	<p>Age :</p> <p>5 to 16 years old (Born between 2009 and 2020)</p> <p>Includes:</p> <ul style="list-style-type: none"> • 2 hours per week of cheerleading • Cheerleading choreography • Participation in the Pink Premier show (November) and the Pink Finale show (April) • Participation in two competitions (December 2025 and March or April 2026) • Practice T-Shirt (recreational-regional model) • Complete competition uniform (regional model) • Hair accessory for competitions 	<p>Registration Fee: \$410</p> <p>Training Fee: \$75 / month</p>
National and International Competitive Program	<p>If you are interested in the National Program, please **click here** to access the full information document about this program.</p>		



Flyers All-Starz

Parent-Child Program

Mini and Me in Cheerleading (2 to 4 years old)

The "Mini and Me in Cheerleading" program is designed for children aged 2 to 4 years and their parents. It offers a gradual introduction to cheerleading, focusing on safety and fun. Participants will learn the basics of cheerleading, including floor gymnastics, dance, acrobatics, and coordination exercises. The sessions are designed to stimulate the development of children's physical skills while strengthening parent-child bonds. This program also encourages collaboration, team spirit, and the development of a sense of performance in a playful and supportive environment.

Age: 2 to 4 years old

Group 1 schedule : Saturday from 9:10 AM to 10:00 AM

Group 2 schedule : Saturday from 10:10 AM to 11:00 AM

Sessions

Session #1 : September 6, 13, 20 & 27; October 4, 11, 18 & 25; November 1 & 8

Session #2 : November 15, 22 & 29; December 6, 13 & 20 December; January 10, 17, 24 & 31

Session #3 : February 7, 14, 21 & 28; March 7, 14, 21 & 28; April 4 & 11
Dates are subject to change.

Registration Fee*: \$149 / session (10 classes) for the parent-child duo

*Non-taxable, Amilia fees applicable

Please note that all fees are non-refundable

Registration on Amilia.
Click here.





Flyers All-Starz

Recreational Program

Cheer Fun (3 to 12 years old)

Discovery and Fun in Cheerleading

Welcome to our "CheerFun" program, an hour of discovery and fun centered around cheerleading, specially designed for children! This unique program emphasizes safe and stimulating practice. Each session is an adventure where children explore the basics of cheerleading: floor gymnastics, dance, acrobatics, and much more. With "CheerFun," we aim to enhance the personal development of young participants, helping them push their boundaries and boost their self-esteem, all while having fun in an encouraging environment.

Join us for an hour of pure fun and discovery, where every child can learn, express themselves, and, most importantly, thrive!



Age : 3 to 12 years old

Season / Session: Enroll anytime

Includes:

- 1 class of 1 hour per week
- Practice T-Shirt (recreational-regional model)

Registration Fee*: \$50

Training Fee*: \$45 / month

*Non-taxable, Amilia fees applicable
Please note that all fees are non-refundable

Groups	Summer Schedule (Start: July 9, 2025)	Regular Season Schedule (September to April)
<i>Tiny Flyers (3-7 years old)</i>	Wednesday 5:30 PM to 6:30 PM	Monday 5:30 PM to 6:30 PM
<i>Super Flyers (8-12 years old)</i>	Wednesday 5:30 PM to 6:30 PM	Monday 6:30 PM to 7:30 PM
<i>Twinkle Flyers (5-12 years old)</i>	Wednesday 5:30 PM to 6:30 PM	Friday 5:00 PM to 6:00 PM

Registration on Amilia.
Click here.





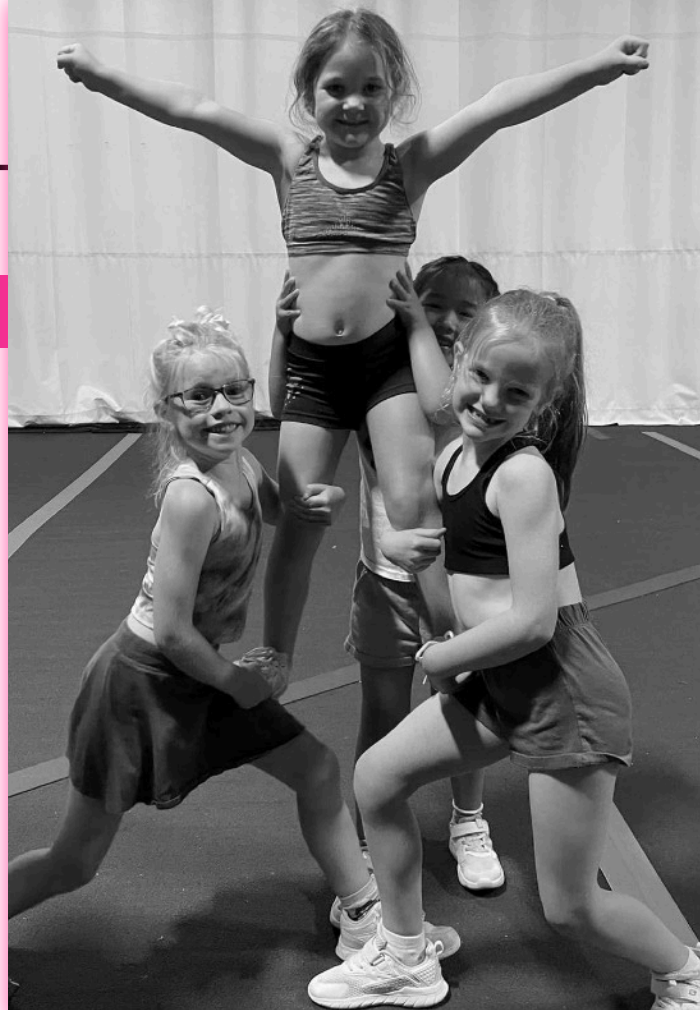
Flyers All-Starz

Recreational Program

Introduction to Cheerleading (3 to 12 years old)

This program focuses primarily on the safe practice of cheerleading in a stimulating environment. While having fun, children gradually learn the basic skills and techniques of cheerleading, such as floor gymnastics, dance, acrobatics, coordination, and performance development. They work on a choreography that they will present at the official Flyers show in November and April.

By participating in this program, children enhance their personal development by pushing their limits and boosting their self-esteem. They gain valuable physical and social skills while enjoying themselves in a safe and encouraging setting.



Age : 3 to 12 years

Season / Session: Enroll anytime

Includes:

- 1 class of 1.5 hours per week
- Cheerleading choreography
- Participation in the Pink Premier show (November) and the Pink Finale show (April)
- Practice T-Shirt (recreational-regional model)

Registration Fee*: \$130

Training Fee*: \$64 / month

*Non-taxable, Amilia fees applicable
Please note that all fees are non-refundable



Groups	Summer Schedule (Start: July 9, 2025)	Regular Season Schedule (September to April)
Pink Fever (6-12 yrs old)	Wednesday 6:30 PM to 8:00 PM	Wednesday 6 PM to 7:30 PM
Pink Sparks (6-12 yrs old)	Wednesday 6:30 PM to 8:00 PM	Friday 6 PM to 7:30 PM
Pink Crush (3-6 yrs old)	Wednesday 6:30 PM to 8:00 PM	Saturday 11 AM to 12:30 PM
Pink Crowns (6-12 yrs old)	Wednesday 6:30 PM to 8:00 PM	Sunday 9:15 AM to 10:45 AM

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



Flyers All-Starz

Regional Program

Regional Cheerleading 5 to 16 years old

Perfect for starting in the world of competitive cheerleading.

Ideal for starting in the world of competitive cheerleading, this program offers a gradual and safe introduction to this exciting discipline. Children will have the opportunity to develop their skills in floor gymnastics, dance, acrobatics, coordination, and performance, all while having fun.

This program allows children to explore and push their limits, promoting the development of their self-confidence and self-esteem. They will also have the chance to develop valuable social skills such as teamwork and communication.

Participation in evaluations not required.



Age : 5 to 16 years old (Born between 2009 and 2020)

Season / Session: Enroll anytime

Includes:

- 2 hours per week of cheerleading
- Cheerleading choreography
- Participation in the Pink Premier show (November) and the Pink Finale show (April)
- Participation in two competitions (December 2025 and March or April 2026)
- Practice T-Shirt (recreational-regional model)
- Complete competition uniform (regional model)
- Hair accessory for competitions

Registration Fee*: \$410
Training Fee*: \$75 / month

**Non-taxable, Amilia fees applicable
Please note that all fees are non-refundable*

Groups	Summer Schedule (Start: July 7, 2025)	Regular Season Schedule (September to April)
Super Starz (Born between 2018 and 2013)	Monday 5:30 PM to 7:30 PM	Friday 5:30 PM to 7:30 PM
Shining Starz (Born between 2017 and 2020)	Monday 5:30 PM to 7:30 PM	Saturday 12:30 PM to 2:30 PM
Fierce Starz (Born between 2013 and 2014)	Monday 5:30 PM to 7:30 PM	Saturday 12:10 PM to 2:10 PM
Shooting Starz (Born between 2009 and 2012)	Monday 5:30 PM to 7:30 PM	Saturday 12:10 PM to 2:10 PM

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



Flyers All-Starz

Tumbling program

Recreational Tumbling (6 years and older)

Perfect for mastering floor gymnastics and reaching new heights!

Dive into the world of tumbling at Flyers Cheer Gym, where excellence meets fun on the mat! Our weekly classes are specially designed to develop the technical and muscular skills of each athlete, starting from age 6.

We are proud to offer a comprehensive range of classes tailored to all levels, from beginner to elite. Each session, lasting 1 hour, is led by our qualified and experienced coaches, ensuring safe and effective progression.

Embark on a tumbling adventure where passion, skill, and camaraderie rise together!

Age : 6 years and older

Includes:

- 1 class of 1 hour per week

Fees:

\$55 per month
(for access to 1 class per week)



Groups	Summer Schedule (Start: July 6, 2025)	Regular Season Schedule (September to March)
Group 1 (6 to 11 years old)	Sunday 10 AM to 11 AM	Saturday 11:10 AM to 12:10 PM
Group 2 (12 years old and up)	Sunday 11 AM to 12 PM	

Registration on Amilia.
Click here.





Flyers All-Starz

National Competitive 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.

**Evaluation participation required.*



Training: Cheerleading: 2 X 2 hours per week. (Summer 1 X 2 hours per week)
Tumbling: 1 tumbling class per week.

Competition: Minimum of 4 competitions in addition to the Nationals at Mississauga (Ontario). Participation in the Pink Premier show (November) and the Pink Finale show (April).

Level: 1 to 5

Age: Born in 2020 or earlier (varies based on demand)

Season: July to April

Training and tumbling fees*: \$1910

- Included:
- Technical training in cheerleading and tumbling
 - Weekly cheerleading practices and tumbling classes.
 - Administration fees and insurance

Competition fees*: \$1315

- Included:
- All registration fees for competitions
 - **Accommodation and transportation fees for competitions outside Quebec.
 - Physiotherapists at most of Flyers All-Starz events
- **The amount included in the transportation and hotel price is based on current rates.
In case of a significant increase, an adjustment may be necessary

**Additional fees (mandatory)*: \$720

- Included:
- 2025-2026 practice shorts, sport bra, t-shirt, and Flyers zip-up
 - Competition makeup & hair accessory for the 2025–2026 season
 - Skill development sessions with experts and choreography camp
 - Cheerleading mix, professional DJ
 - Choreography by our Flyers All-Starz coaches

Competition uniform*: \$450 (Same model as 2024–2025)

*Not taxable. Amilia fees not included.

Important :

If you are interested in the National program, please contact us at info@flyerscheerleading.net to receive the complete information document about this program.



2025 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:

Will 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. à 16h15 pour clôturer la semaine de camp.



Registration:

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

[Click here to register for our 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



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