



Cheerleading Lessons

Ages 3-12yrs

Central Illinois Athletics offers beginning cheerleading and tumbling at both our Chatham and Springfield locations. Students will be introduced to their first cheerleading squad! They will learn cheers, motions, jumps, and jump technique, tumbling, dance, and stunting. They will also learn a basic routine to music with formations, tumbling, stunts, jumps and more! Classes meet just one hour a week and occasionally they will perform at the gym in front of the parents and all-star cheerleaders. Students are required to purchase a CIA Cheer tank, shorts and bow when registering and wear to every practice.

Classes run year-round! Sign up anytime! www.iflipcia.com or email cheer@iflipcia.com

- **Chatham Location:**

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|------------------------|--------------------|-----------|
| ● Monday's 5:30-6:30pm | Under Cover Angels | Ages 3-6 |
| ● Monday's 6:30-7:30pm | Secret Agents | Ages 7-12 |

- **Springfield Location:**

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|--------------------------|-------------------|-----------|
| ● Thursday's 5:30-6:30pm | Undercover Angels | Ages 3-6 |
| ● Thursday's 6:30-7:30pm | Secret Agents | Ages 7-12 |

CHEER!

