

SoCal Gymnastics is offering...

CHEER BOOT CAMP!

Our Boot Camp is a high-intensity practice intended to condition and strengthen your body as a cheerleader, and prepare you for your upcoming cheer season. During the camp, you will work on flexibility, conditioning and strength training, cheer technique, jump skills and tumbling skills. Cheerleaders will review basics to great motions and learn the 5 most important motion rules.

If you are ready to be the best cheerleader for your squad,
join us.....

Saturday, August 7
12:00pm - 3:00pm

\$45/\$35 sibling