

Mid-Columbia Elite Force Recreational CHEERLEADING

Join Cheer Anytime!

Perform choreographed routines at local community events, march in parades & much more!

~Elite Force Cheer Recreational Performance Teams For Ages 2-18 Yrs.~

Cheer With Me! 2-3 year olds and a parent/ 45 minutes per week. \$48 per month. Have a ball with your child in our Cheer With Me Class. Learn the basics of cheer and being part of a team in this high energy class!

Cheer-E-Roos- 3-5 year olds/ 45 minutes per week- \$48 per month. Our Cheer-E-Roos learn essential body positions, cheer motions & technique, jumps and basic tumbling skills. This high energy team is taught in a positive atmosphere to ensure the kids have fun while they learn routines packed with cheer and dance!

Cubs- 5-7 year olds/ 55 minutes per week- \$55 per month. Our Cubs Team is a Blast! Instructors work on all of the important basics of cheer, tumbling and stunting. We emphasize fitness based body shapes and movements that help each student progress and feel successful.

Grizzlies- 5-7 year olds/55 minutes per week- \$55 per month. This is an intermediate level class that is by invitation only.

Bears- 7-11 year olds/ 55minutes per week/ \$55 per month. The Bears Team works on all the basic skills in cheer motions, jumps, dance and tumbling. Our coaches stress the importance of team work, commitment and hard work.

Bruins- 7-11 year old/55 minutes per week. This is an intermediate level class that is by invitation only.

X-Force- *by invitation. 5-12 year olds/ 2 hours per week/ \$80 per month. This is a by invitation advanced level recreational team for those kids that have mastered the basics and are ready for a more challenging format. X-Force is a pre-team program that gears students for a higher level of cheer! Each member will progress and learn in a structured and caring environment with enthusiastic coaches.

*Annual \$45 family registration fee is payable every December. Pro-rated throughout the year.

Covers all family members in all gymnastics, cheer & tumbling programs. Ask about multi-class and family discounts!

Class Attire: T-shirt/ soft shorts/ socks & tennis shoes. Long hair tied back.

Performance Wear: Teal Force T-Shirt \$13, Navy Force Shorts \$12, Navy Sparkle Bows \$8. (plus tax)

High School/Middle School Cheer Training Class (non performing)- 55 minutes per week- \$55 per month. This class is taught by experienced instructors and is a great training class for girls and boys who are cheerleaders, would like to be, or just want to learn proper technique of cheer motions, jumps, stunts, dance and more. We also offer tumbling classes and open gym for this age group.



Mid-Columbia Gymnastics & Elite Force Cheer

Cheer classes are held at the cheer facility. 8382 W. Gage Blvd Suite N. in Kennewick (Columbia Center West)
735-3861 www.mcga.org



**FREE Introductory Class
for New Students!**

