



2009 CHEERLEADING STUNT CAMP

1st Camp - MANDATORY

Peewees, 90's 100's	Sat. May 30th	10:00 - 2:00
110's, 120's,	Sat. May 30th	2:30 - 6:30
135's, Unlimited's	Sun. May 31st	12:00 - 4:00

2nd Camp - MANDATORY

Peewees, 90's, 100's	Sat. July 25 th	10:00 - 2:00
110's, 120's,	Sat. July 25 th	2:30 - 6:30
135's, Unlimited's	Sun. July 26 th	12:00 - 4:00

3rd Camp - MANDATORY

Peewees, 90's, 100's	Sun. Sept. 13 th	10:00 - 2:00
110's, 120's,	Sun. Sept. 13 th	2:30 - 6:30
135's, Unlimited's	Sun. Sept. 20 th	12:00 - 4:00

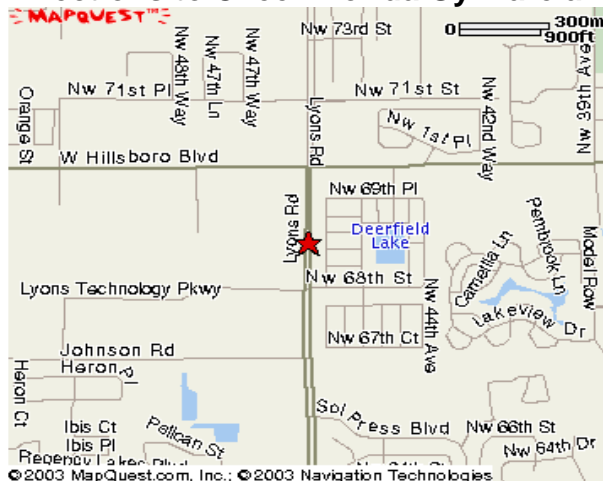
We will be learning proper stretching, safety stunting, stunt building, stunt dismounting and conditioning. It is very important for **ALL** girls to attend as there will **not be any make-up days or refunds.**

Please arrive promptly 15 minutes prior to scheduled drop off

Bring plenty of water, drinks, and a snack or lunch - **For a 20 minute break.**

Parent pick up promptly at designated time.

Directions to Cheer Florida Gym are as follows:



From Coral Springs - Take Sawgrass to Lyons Road and go North to Johnson Road - turn left on to Johnson and take the first turn into the Lyons Technology complex - follow the road back to the gym -

From Parkland - just take Holmberg road and the Lyons technology center will be on your left just before Lyons Road.

New address is **4800 Lyons Technology Circle
Suite #2 www.cheerfloridaallstars.com**