

## **Pump up the Spirit Cheerleading Program:**

The Pump Up The Spirit Cheer program is designed to teach children the proper technique of cheerleading. They will learn technique, motions, cheer, jumps, dance, tumbling, and stunting. As kids master these techniques and understand concepts they will move to the next level.

### **Pump Up the Spirit - Lansdale**

Dates: Saturdays 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9

Times: 9am-10:15pm

Location: Penndale Middle School  
400 Penn Street  
Lansdale, PA 19446

Rain Location: Lansdale Boys and Girls Club  
16 Susquehanna Ave  
Lansdale, PA 19446

Cost: \$89

Contact: Tracy Reimel at 215-260-3616 or email at [cheer22060@verizon.net](mailto:cheer22060@verizon.net)

### **Pump Up the Spirit - Quakertown**

Dates: Saturdays am 4/21, 4/28, 5/5, (5/12 No Cheer), 5/19, 5/26, 6/2, 6/9, 6/16

Time: 11:15am – 12:30

Location: Quakertown Christian School  
50 East Paletown Road  
Quakertown PA

Rain Location: Quakertown Christian School Gym

Cost: \$89

Contact: Tracy Reimel at 215-260-3616 or email at [cheer22060@verizon.net](mailto:cheer22060@verizon.net)

**Program:**

Week 1: Basic Skills (Motions, Jumps and Technique)

Week 2: Previous learned Skills and Basic Cheers

Week 3: Review of weeks 1 & 2. Introduction to Stunting and Tumbling.

Week 4: Tumbling, Stunting, and Dance.

Week 5: Working on Routine.

Week 6: Working on Routine.

Week 7: Working on Routine.

Week 8: Halftime Performance