



LEGACY CHEER

FALL 2024

QUICK FACTS

WHAT Legacy Center Cheer
 WHERE Lehi Legacy Center
 WHO Ages 3-12 yrs.
 WHEN Aug. 26- Dec. 2
 Rehearsal: Dec. 7
 Concert: Dec. 7
 FEE..... Monthly tuition plus
 One Time Session
 Fee of \$16

CHEER PROGRAM

Does your child want to cheer? The Legacy Center is offering a Youth Cheer Program. This program, for ages 3-12 years, will improve your child's cheer, dance, and tumbling skills. Program includes a performance at Willowcreek Middle School with the Legacy Dance Program.

Rehearsal & Concert: December 7, 2024

Monday

AGE	TIME	CLASS LENGTH
Junior Stars 5-8 yrs.	4:10-4:50 p.m.	40 minute
Junior Allstars 9-12 yrs.	5:00-5:50 p.m.	50 minute
Junior Stars 5-8 yrs.	6:00-6:40 p.m.	40 minute

Monthly Tuition

CLASS LENGTH	RESIDENT	NON-RESIDENT
40 minute	\$41	\$49
50 minute	\$45	\$54
One Time Session Fee	\$16	\$16

REGISTRATION

Registration Starts August 1, 2024
 Monthly Tuition: Due by the **20th** of each month for current cheerleaders to secure their spot for the next month. New cheerleader registration opens on the **26th** of each month. Pay monthly balance at the Legacy Center Registration Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

****Required One Time Session Fee:**
This is a non-refundable, non-transferable, each session fee. Fee is required again in Winter/Spring 2025.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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www.facebook.com/lehilegacycenter



Follow us on Instagram!
[lehilegacy](https://www.instagram.com/lehilegacy)

NO CLASSES

Monday: September 2nd (Labor Day), October 21 (Fall Break),
 Wednesday: October 23rd (Halloween Party) November 27 (Thanksgiving) Other dates may apply

LEHI LEGACY CENTER
 123 North Center Street
 385.201.2000
www.lehi-ut.gov/legacy-center



REGISTRATION HOURS
 Monday-Friday
 8 a.m. to 6 p.m.
 or register online.

CHEER CLASS DESCRIPTION & WHAT TO WEAR

Cheer 3yrs to 5yrs Old: Mini Stars

This group focuses on the very basics of cheerleading. Learning basic motions (High/Low V's, Lib, T, Half-T, Half High/Low V, Goalpost, Hips, Clean), rallies, kicks, jumps (tucks and X jumps), cheers, and dances. These beginning cheerleaders will perform in the Dance/Cheer Winter Concert. Clothing: Comfortable, movable clothing and tennis shoes. For your child's safety, please pull their hair back. No gum or jewelry, please.

Cheer 5yrs to 8yrs Old: Junior Stars

This group builds on the basics learned in Mini Stars and introduces even more motions (R/L diagonals, R/L L's, candlesticks, daggers, buckets). We will also introduce beginning tumbling and strength training skills. They will learn more advanced jumps (herkeys, toe-touches). These intermediate-level cheerleaders will perform in the Dance/Cheer Winter Concert. Clothing: Comfortable, movable clothing and tennis shoes. For your child's safety, please pull their hair back. No gum or jewelry, please.

Cheer 9yrs to 12yrs Old: Junior Allstars

This group builds on everything taught in Mini Stars and Junior Stars. They will continue learning even more motions (R/L K's, Bow & Arrow, Punch Across R & L, Low Punch Across R & L, O's), reinforcing clap vs. clasp. These more advanced cheerleaders will learn more advanced jumps (hurdlers). They also continue to work on more advanced tumbling skills and continue strength training. They will perform in the Dance/Cheer Winter Concert. Clothing: Comfortable, movable clothing and tennis shoes. For your child's safety, please pull their hair back. No gum or jewelry, please. We will not be doing traditional group cheer stunting. Instead, we use equipment to enhance balance, coordination, and flexibility as a flyer; specifically Libs on a platform, heel stretches on a platform, and scorpions on a platform—which will help prepare cheerleaders for future stunting. We will also dedicate time each week to work on tumbling skills. These more advanced cheerleaders will perform in the Dance/Cheer Winter Concert. Clothing: Comfortable, movable clothing and tennis shoes. For your child's safety, please pull their hair back. No gum or jewelry, please.

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