

HAVE A GO!

Come along and learn Cheerleading skills



What: Give it a go lunchtime sessions

Who: Anyone of any skill range - no prior experience needed

Where: Here at your school gym

When: Lunch time on November 11th

Bring: Drink bottle, covered shoes and your awesome self

What the session includes

Stunting: Lifting, tossing, and catching your teammates

Tumbling: learning skills like cartwheels and flips.

Dance&Jumps: sharp movements and explosive leaps



Check us out @eclipse_cheerleading on instragram