



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## 2011-2012 Winter Cheerleading

It's that time again! The YMCA of Northwest North Carolina runs the largest basketball program in the region, building skills and character among thousands of young boys and girls. But the Y also has a great cheerleading program for elementary age girls that aren't as interested in the competition of basketball.

The Cheerleading program at the Y is designed to instill confidence and character development in young women through cheers, dances and stunts to be performed at the basketball games at the Y. Girls will learn a variety of great cheers, perform halftime shows, and make lots of new friends, in a positive and supportive environment.



### **Registration and Cost**

September 1, 2011 – October 28, 2011

\$50/Members, \$75/Potential Members

\*The registration price will increase \$15 after the period has lapsed.

### **Session Information**

Cheer practice will be held on Thursday nights at 6 PM for 5-7 year olds and at 7 PM for 8-11 year olds. Practice will be held in the Red Room at the YMCA.

### **Gear/Equipment**

Each child will be provided with a cool cheer shirt. The YMCA provides pom poms for practices and games. Each girl should purchase a pair of black shorts to wear during games. Black tights(pants) are also acceptable. Participants should come to practice wearing comfortable clothes and bring a water bottle. At the end of the season, each participant will receive a cool trophy. During the course of the season, extra "craft" sessions may be added to the schedule during which the cheerleaders, parents and coaches create the signs and props that they will use during the games and performances.

### **KERNERSVILLE FAMILY YMCA**

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Our Mission: "Helping people reach their God-given potential in spirit, mind and body."