



*This event/activity is not sponsored
by La Mesa Spring Valley School
District



CHEERLEADING & DANCE AFTER SCHOOL AT NORTHMONT ELEMENTARY

REGISTER ONLINE:

www.charlenesdance.com

OR

[email info@charlenesdance.com](mailto:info@charlenesdance.com)

Questions? Call 760-522-1442



**SPOTS ARE LIMITED SO
REGISTER TODAY!**

**TUESDAYS
GRADES TK-5**

\$100 FOR 8 WEEKS

**1:05-2:05PM
IN THE GRASS BEHIND
SCHOOL OFFICE**

**MEETS 9/21 TO 11/30
(NO CLASSES
10/5, 10/12, 11/23)**



**GO! FIGHT! WIN! USE POMS
AND LEARN THE
FUNDAMENTALS OF CHEER
AND DANCE TECHNIQUE
INCLUDING STRETCHING,
JUMPS, KICKS, ARM
MOTIONS, VOICE
PROJECTION, BEGINNER
TUMBLING AND STUNTING,
AND A FULL DANCE ROUTINE
TO PERFORM FOR FAMILY ON
THE LAST DAY OF THE
SESSION!**