

Cheerleading

Cheerleading at Just Dance focuses on developing coordination and technique that will transfer into recreational, school, or competitive cheerleading. Motions, strength flexibility, jumps, cheers, and basic tumbling will be included in the curriculum. This class can give students an introduction to cheerleading or provide students with a competitive edge by refining basic cheerleading skills.

Class Structure and Curriculum:

- Cardio Warm-Up
- Upper body, Lower body, Core Strength
- Flexibility
- Motion Drills
- Jump Technique
- Tumbling
- Cheer Class
- Cheer Dance
- Cool Down/Review