



TeamCheer

Gymnastics Australia
General Gymnastics

**Are you looking for a sport that's energetic,
colourful and character building?**

Cheerleading is an exciting and challenging gym sport that involves music, dance, cheers, tumbling and stunts. Leadership and teamwork are developed to benefit the individual's health and potential in life

Cheerleading:

- Develops coordination, poise and self-confidence with an energetic approach
- Provides an opportunity to express rhythm in music
- Gives a huge boost in developing team spirit and morale
- Provides exhilarating exercise in a fun-filled atmosphere
- Provides an avenue to lead the crowd in a positive way at sporting events.

Give your child the opportunity to experience an innovative, popular and fast growing gym sport that is healthy, entertaining and fun.

For more information contact Gymnastics SA

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groove

balance

flexibility

variety

dance