



Phone: 905-430-2336  
 Email: info@hawkscheerleading.ca  
 10 Carlow Court, Unit #9  
 Whitby, ON  
 www.hawkscheerleading.ca



## Ready to be a Cheerleader?

- **Recreational Cheer Program\***  
 10 week program—\$100.00  
 15 week program—\$150.00  
 \*\$20 Annual Insurance Fee Not Included
- **Tumbling Program\***  
 10 week program—\$100.00  
 15 week program—\$150.00  
**Private Lessons**—\$200.00—10 week program  
**Semi-Private Lessons**—\$150.00—10 week program  
 \*\$20 annual Insurance Fee Not Included
- **Competitive All-Star Tryouts—\$5.00 each**
- **Competitive All-Star Teams\*\***  
 Routines are comprised of power lifts dance and tumbling— all of which require a combination of strength, flexibility and timing. Admittance to our Competitive All-Star team is through tryouts only. Athletes must make a commitment to attend all practices and competitions. A schedule for each season is provided. Vacations should be scheduled around competition dates to ensure full participation. Team costs available by contacting the gym.
- **Birthday Party - \$150.00**  
 Can be booked on Saturdays from 3-5 or 6-8. A deposit of 50% must be paid at time of booking. Balance is due in cash on the day of the party. Deposit is non-refundable. Up to 10 children per party. An additional fee of \$10 per child will be added to cover additional coaches.
- **Football Cheer Program\*\***  
 Non-All-Star Members—\$200.00  
 Starts 2nd week of May —see website for dates  
 The cost of a Hawks t-shirt, shorts and sweatshirt are included in this fee.  
 \*\*Annual Insurance Fee Included



Interested in trying out for one of our Competitive All-Star Teams?

A tryout can be arranged !

\$5.00 per person per tryout

# Hawks Cheerleading Club

Do you want to be a cheerleader?

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## Hawks Cheerleading Club 2008 Programs

*Official Cheerleaders for the Hawkeyes Football Club*

Do you want to be a cheerleader?

Ages 5 years and over !

Check us out!

**Wimps lift weights,  
 Cheerleaders lift people!**

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## Recreational Cheer

This is an introductory class to the sport of cheerleading. It involves jumps, stunts, dance, and all the basics of cheerleading. This class is for anyone without any previous experience.

Classes are held on Saturdays.

Under 10 years	Over 11 years
10:00–11:00	11:00–12:00
12:00–1:00	1:00–2:00

## Tumbling Classes

Our Tumbling classes are designed with a progressive approach to get the athlete tumbling!

We offer levels 1 through 5.

All instructors are Gymnastics Ontario (GO) certified.

Mon	Tues	Wed
Level 1/2–6:00-7:00	Level 3/4–6:00-7:00	Level 3/4–6:00-7:00
Level 2/3–7:30-8:30	Level 1/2–7:00-8:00	Level 2/3–7:00-8:00
Thurs	Sat	Sat
Level 3/4–6:00-7:00	Level 1/2–10:00-11:00	Level 2/3–11:00-12:00
Level 2/3–7:00-8:00	Level 3/4–12:00-1:00	Level 2/3–1:00-2:00
Sun	Sun	Sun
Level 1/2–10:30-11:30	Level 2/3–11:30-12:30	Level 3/4–1:30-2:30
Level 2/3–2:30-3:30	Level 1/2–3:30-4:30	

## Private and Semi-Private Tumbling Classes available!

Contact

[headcoach@hawkscheerleading.ca](mailto:headcoach@hawkscheerleading.ca)  
to make arrangements that fit your time and schedule.

## Competitive All-Star Teams

Our Competitive All-Star Teams are comprised of very dedicated athletes. These athletes are trained by nationally certified coaches. These athletes practice from 2–6 hours a week depending on the team. Admittance to one of our Competitive All-Star teams is through tryouts only.

## Birthday Parties

Try something new at Hawks Cheerleading Club. Your child and guests will feel like stars after learning and performing their own All-star Cheerleading Birthday routine!

Birthday Parties can be booked on Saturdays from 3-5pm or 6-8pm. 2 hours in our facility.

## Football Cheer Teams

This program is for athletes who are outgoing and want to help get the crowd excited. They cheer for the Hawkeyes Football Team home games. This program is for anyone.

Team	Age	Cheer For
Hawking	Under 8	Tyke
Skyhawks	8-11	Atom
White Hawks	11-14	Peewee COMFL
Navy Hawks	14-17	Junior OV Peewee OV
Silver Hawks	Over 17	Senior OV Senior Men's

Cheer Season practices begin the 2nd week in May and conclude the last week in August. Football games for White Hawks, Skyhawks, and Hawkings run into the fall season.

## Who we are and what we do

**Hawks Cheerleading Club** is a not-for-profit organization. Our programs are designed to promote cooperation and teamwork and are open to all ages.

We have a professional fully sprung cheer floor. All of our coaches are certified with ACAA, USASF, OCF or GO. They will teach you everything you need to know.

### Programs we offer are:

- ◆ Competitive All-Star Teams
- ◆ Recreational Cheer Classes
- ◆ Tumbling Classes
- ◆ Birthday Parties
- ◆ Football Cheer Teams for the Hawkeyes Football Club
- ◆ School Team Choreography and Training Available
- ◆ All-Star Summer Camps
- ◆ Gym Rental Available



**Payments and NSF Fees:** Payments may be by Cheque or Cash. A \$20.00 annual fee per registrant for registration/insurance. A \$35.00 fee is applied to all returned cheques.

**Family Discounts:** 5% - 2nd child, 10% 3rd child.

**Refunds:** A \$20.00 fee will be applied to all cancellations before the 1st day of class or the program. Registration/Insurance fees are non-refundable. Doctor's note is required for illness or injury cancellations and credit will be applied to the next scheduled class. A \$45.00 Fee applies to all Approved Refunds.

**Make-up Classes:** We do not offer make-up classes due to illness, vacations or weather. Refunds will not be issued for classes cancelled due to weather. We reserve the right to cancel classes due to weather. Make-up classes may be taken if available.