



ACTIVSTARS

# Cheer Program Guide





**ACTIVSTARS** youth cheer programs help your child develop a positive sense of self, team spirit, strong work ethic, and create good habits and friendships to last a lifetime.

**Join Our Cheer Family with Children Ages 4 to 15+.**

[Click Here to Register](#)





# ActivStars Youth Cheerleading.

Athletes love to show their spirit and progress, starting at a very young age. So, we designed our ActivStars Youth Cheerleading to be an encouraging place for your star to learn about cheerleading and pom dance with friends and peers.

Our cheerleading and pom curriculum emphasize team building, sportsmanship, and a positive self-image for each student. They'll learn the right chants, arm motions, jumps, kicks, and even stunts for older students.

ActivStars provides weekly classes and instructions as well as a variety of clinics, tryouts, and events to encourage a lifelong love of cheerleading. Coaches are always available to help your child learn and grow while creating a positive environment where everyone is included and supported.

With five levels of cheerleading based on age and ability, we offer the most rewarding way to be part of the squad. Come be a star!

[Click Here to Register](#)



Creating a Positive Environment.  
Everyone is Included and Supported.



# Five Levels of Cheer for All Ages.

**ACTIVSTARS** offers different cheer squads for our youth based on their age, with try-outs available for older stars too. Each squad has different uniform and pom requirements, which you can find on our website or get information from your child's coach.

## JV TEAM

- Ages 4-6
- 45-minute practice
- \$9 fee
- Poms required

## VARSITY

- Ages 7-9
- 45-minute practice
- \$9 fee
- Poms required

## JR. ALL STARS

- Ages 10-15
- 60-minute practice
- \$10 fee
- Access to team stunting classes
- Poms required

## PRO TEAM

- By tryouts only
- 60-minute practice
- \$10 fee
- Access to team stunting classes
- Poms required

## ELITE TEAM

- By tryouts only
- 90-minute practice
- \$12 fee
- Access to team stunting classes
- Poms required

[Click Here to Register](#)



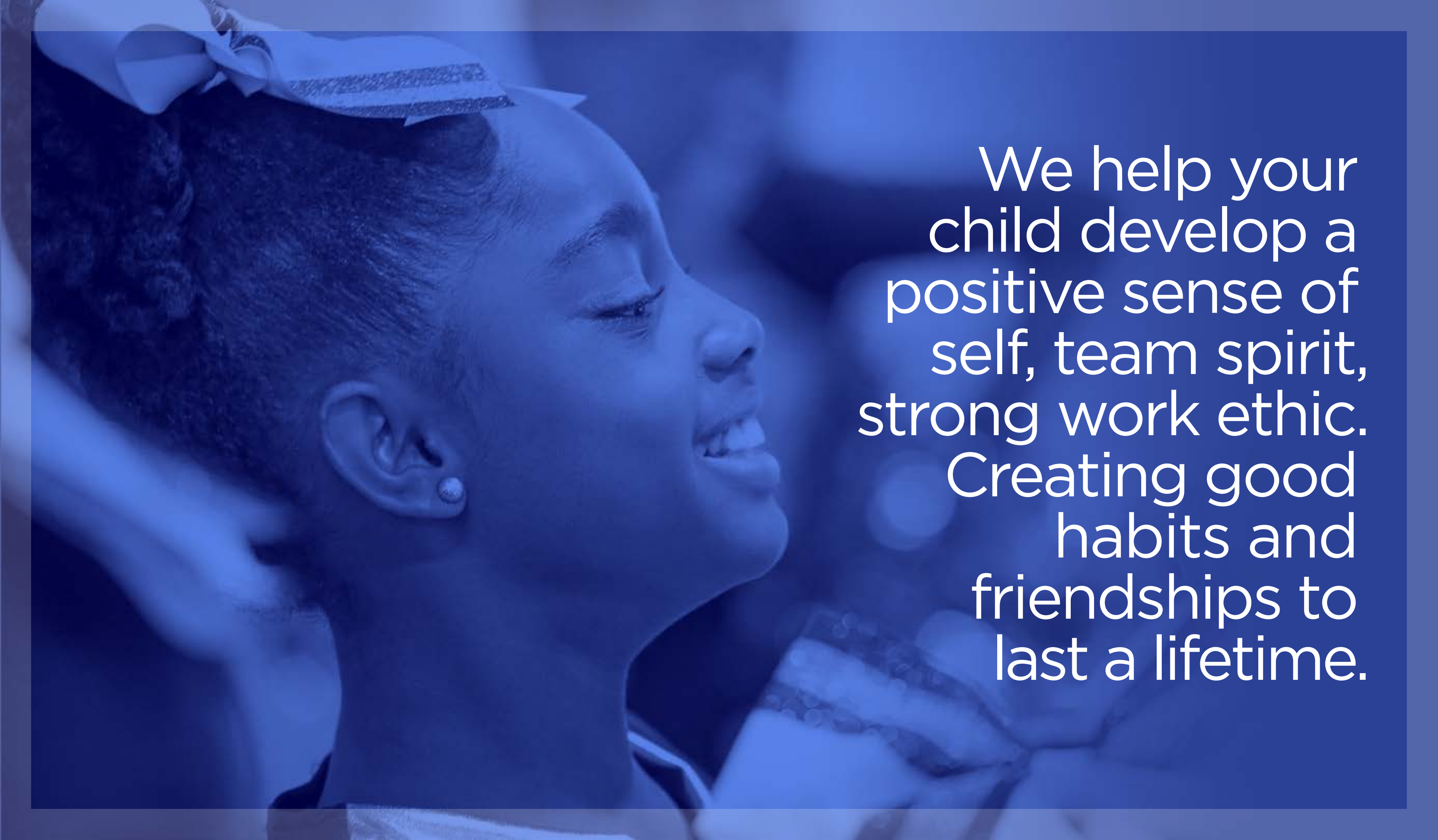
# Pom Squads for All.

Students of all ages can join one of twenty different pom squads if they have perfect attendance for the semester. Pom squads are differentiated by color and activities and are held the week before the final lesson.

Your child will receive a new colored pom for each level they achieve, presented to them on our Awards Night for Pom Squads!

[Click Here to Register](#)





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# Special Events for Cheerleading Stars.

Throughout the year, ActivStars offers a variety of events and programs for our Cheer and Pom athletes. Each option is provided in every region, though specific location and time information will be made available through your child's coach.

[Click Here to Register](#)







# Special Events.

No events are required, but we encourage all students to come and have fun!

## **AGES 4 TO 9: Team Dance Clinic**

Each Spring and Fall semester we hold a special cheer clinic for JV and Varsity students to learn about the cheer program and activities. This is a terrific way to introduce cheer and pom to your child. As a bonus to parents, uniforms can be purchased at discounted prices available only at the clinic. Students tell us they love participating in this cheer specialty class.

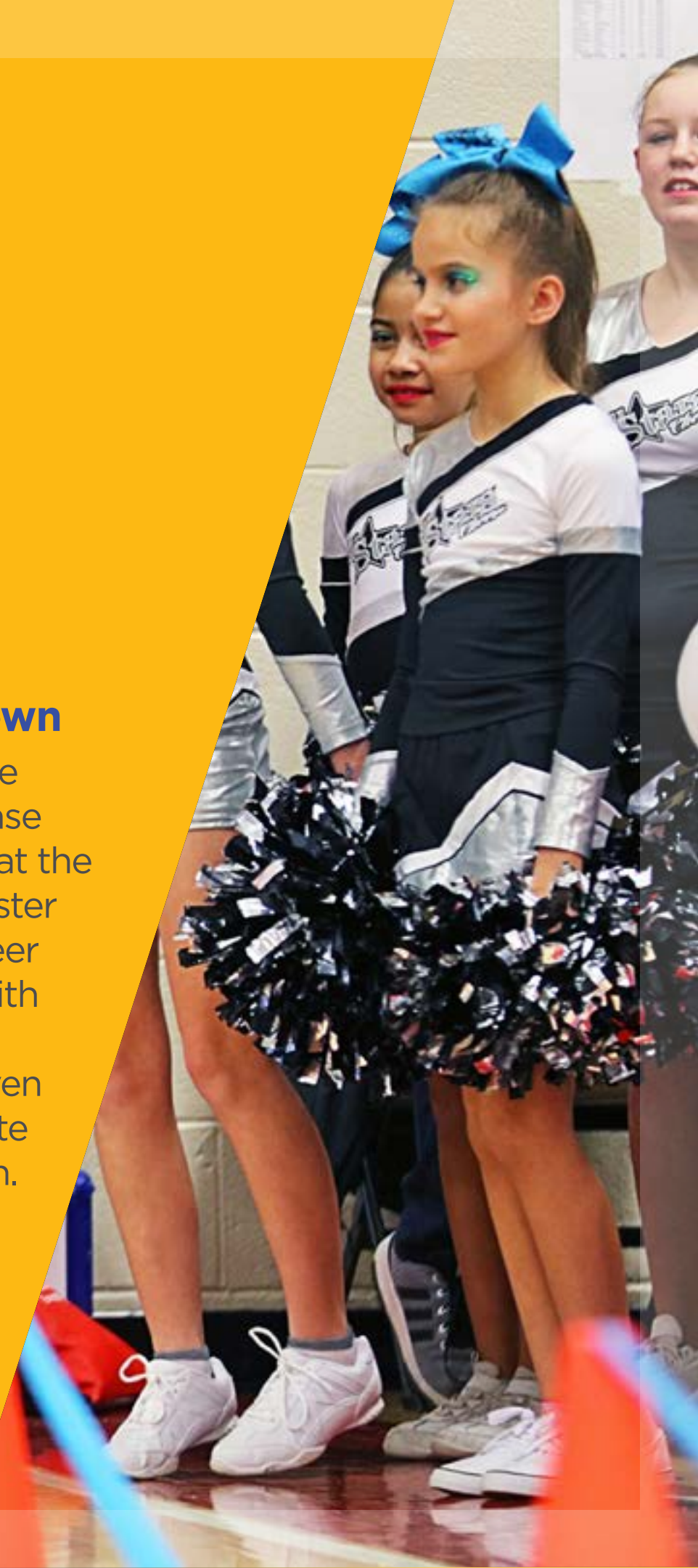
## **AGES 10 AND UP: Team Stunting Clinic**

Each Spring and Fall semester, ActivStars offers stunting classes for advanced cheer athletes. This clinic is required for Jr. All Stars, Pro, and Elite team cheerleaders to be certified to train in and perform stunts for their regular season. Stunt progression is an integral part of cheer safety, and this clinic is designed to put safety first!

## **ALL AGES: Show-Stopper Showdown**

ActivStars cheer students are invited to attend our showcase and demonstrate their skills at the Show-Stopper end-of-semester event for Spring and Fall cheer classes. Students perform with their teams alongside other ActivStars teams and can even earn the chance to participate in a State Cheer Competition.

[Click Here to Register](#)





# Join the ActivStars Youth Cheer Program!

Click Below to Find Your  
Local Youth Cheer Program  
and Register.

[Click Here to Register](#)

Ready to have your child join us or want to learn more? Just click the button below to visit our website and get specific information on locations, dates and times, coaches, and answers to common questions.





# About ActivStars.

**At ActivStars, our mission is to develop life skills for active youth. We've been providing after-school recreation programs in sports like cheer, karate, soccer, and others for decades, across America.**

We believe every child can improve and thrive when their mind, body, and sense of community are developed. Our classes and our website are dedicated to supporting that growth. We invite you to ask any questions or learn about our programs using the button below.

[Click Here to Register](#)



**ACTIVSTARS**

**Developing Life Skills  
for Active Youth.**



# Our Story.

In the 1950s, our founder and family matriarch Bonnie Hood had a vision for offering quality and accessible youth programs for all young Americans. ActivStars was born as a youth recreation program and later innovated as the first company in the US to partner directly with schools for after-school recreation.

The initial focus on quality instruction remains true today as one of the few company-owned, company-operated organizations to consistently deliver the highest quality trained coaches and guidance for youth sports.

Today, we're providing engaging activities for more than 20,000 families in more than five states. Our commitment to helping families who desire quality, affordable after-school programs grows each year.

**We hope your family will join ours.**

[Click Here to Register](#)

