



Schools Spirit
CHEER + DANCE COMPETITION

CHEERLEADING WITH US IS MORE THAN "JUST A SPORT"

Right here at your School

JOIN OUR CHEER CLASSES

IMPROVE MENTAL WELLBEING

A SCIENCE BACKED WAY TO EASE ANXIETY & FOSTER RESILLIENCE

Mental Health Disorders are 1.5 to 2.5 times lower for girls who play sports compared to those who have never played.
Research by Womans Sport Foundation.

TEAM WORK

Develop social skills & sense of belonging

STRENGTH + FITNESS

Improving stamina, co-ordination and strength alongside mobility, flexibility and body control

CONFIDENCE

Building self belief through skills and shared goals

LIMITED SPACES AVAILABLE FOR SUMMER 2 HALF TERM

JOIN US: WWW.CHEERLONDONALLSTARZ.COM/SCHOOLS

EMAIL US: SCHOOLS@CHEERLONDONALLSTARZ.COM