



ROC Spirit Summer Cheerleading Camp

Calling all cheerleaders ages 4-18! Join us for ROC Spirit's summer cheerleading camp! This camp will focus on the **NON CONTACT** aspects of cheerleading including jumps, drills, arm motions/placements, dance, tumbling, individual stunt drills and techniques, workouts, team building and so much more!

This camp WILL follow social distancing standards as well as all CDC guidelines

July 27th-30th

Rochester Main Street Armory

Ages 4-7 (9am-11am) - **\$50**

Ages 8-11 (12pm-3pm) - **\$60**

7th grade-12th grade (4pm-7:30pm) - **\$65**

All registrations are due by 7/20/20

***Note: Any registrations received after 7/20/20 will receive a \$10 late fee.**

Get registered **ONLINE NOW** by visiting rocspiritcheer.com/camp

rocspiritcheer.com