

INTENSITY

DANCE TEAM

-No Regrets-

IDT Cheer/Pom Class

New for the 2017-2018 IDT Dance Season



**Mondays 7:30 8:30 p.m. or
Saturday 10:00 11:00 a.m.**

IDT Tumbling Director, Natalie Mickelson and IDT Executive Director, Karissa Molen will team teach this exciting class. As former high school championship cheerleaders, they will work with the girls on halftime and sideline cheer/pom routines encompassing tumbling, cheer jumps and cheers.

Dancers will work on proper angles and jumps as well as voice control when cheering. This exciting class will teach all skills that a cheerleader needs to master, concentrating on individual accomplishments.

**\$45.00/mo. or \$35.00/mo. as 2nd IDT Class
September – May**