

# Pom / Cheer

## **Pom/Cheer (ages 12-up)**

This class combines the use of pom poms with precision jazz, hip-hop, and cheerleading styles. Dancers will focus on learning rhythm, timing and coordination, ripples and formation changes. This is a great class to compliment your junior or senior high dance or cheer team.

**What to wear** –T-shirt, black jazz pants or shorts, hip-hop sneakers or black jazz shoes. Hair pulled back in a ponytail. No jewelry.