



Integrity Cheer Empire
2019-2020
PREP and REC
INFORMATION

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www.integritycheerempire.com

Welcome to The Empire!

Integrity Cheer Empire is the Valley's number 1 cheer gym. At The Empire, we guide, inspire and motivate athletes to reach their fullest potential.

When you are a part of ICE you aren't just put on a team, you become part of our family. Commitment, dedication, hard work, setting and achieving goals are just some of the valuable life lessons your athlete will learn at The Empire. The memories and friendships athletes make through this sport will long outlast any trophy. At ICE, cheerleading is so much more than new skills (although you'll get lots of those too!).

Our coaches are certified and passionate about providing an amazing experience for all athletes and their families.

Cheer has changed all of our lives for the better here at The Empire – whether you're looking for a fun activity or are interested in the competitive side of things, we have just what you're looking for.

With locations in Windsor and Kentville, we work hard to offer opportunities and experiences for athletes of all ages and levels.



FIND US ON SOCIAL MEDIA!



Integrity Cheer Empire - ICE - All Stars



@integritycheerempire



@ICE_Allstars

Email: info@integritycheerempire.com

Web: www.integritycheerempire.com

Prep Teams



Prep Teams are a great option for athletes who are looking for a taste of All-Star cheerleading, with less commitment both in terms of time and finances, than fully or semi competitive cheerleading.

Coaches work with our Prep Teams teaching them the fundamentals and basics of cheerleading. Athletes will learn stunts, pyramids, tosses, tumbling, motions, formations, transitions, dance and get to compete!

ICE's Prep Teams will all attend 3 One Day Competitions

Prep Teams practice from September to May.

Registration can be complete online through our iClass Registration System.

This year ICE will be offering the following Prep Teams.

WINDSOR LOCATION	KENTVILLE LOCATION
Tiny Novice Ages 3-6 Tuesdays 4:15-5:15	Tiny Prep Ages 5-6 Fridays 4:15-5:15
Mini Prep Ages 6-8 Tuesdays 5:30-6:30	Mini Prep Ages 6-8 Thursdays 6-7
Junior Prep Ages 9-14 Thursdays 5-6	Junior Prep Ages 9-14 Mondays 7-8

YEARLY INVESTMENT PREP TEAMS

TEAM	REGISTRATION FEE	4 ADDITIONAL PAYMENTS	Additional (Due Date TBA)
COST FOR ALL PREP TEAMS IN BOTH LOCATIONS	\$99	\$75	Uniform \$90

Rec Classes and Tumbling

10 WEEK CHEER- Starts week of Sept. 9!

Starting in the fall we will be offering 10 week cheer sessions. This is an AWESOME learn new skills, make new friends and see what the sport of cheerleading is all about!

1 hour classes, runs in 10 week sessions \$99 per session.

At the end of every 10 week session there will be a mini showcase for family and friends to come and see the athletes perform a routine they have learned!

10 WEEK TUMBLING - Starts week of Sept. 9!

1 hour class, runs in 10 week sessions \$99 per session.

Classes are geared towards those looking to learn or improve their tumbling skills.

Classes will be by skill level, please contact us for more information and schedule!

PRIVATES-anytime depending on Coach availability

Private costs vary based on Coach, please contact us for information and to set up private lessons!

Privates are one on one (one athlete, one instructor), and can be booked by online through iClassPro.





How to Register

In Person Registration

Kentville: Tuesday Sept. 4th 6pm-7:30pm or Sunday Sept. 8th 4pm-5:30pm

Windsor: Wednesday Sept. 5th 6pm-7:30pm or Sunday Sept. 8th 6:30pm-8pm

Register Online

Please email us for registration info., we will send you all the class info and help you choose a program that is best suited for you. From there we can assist you with the sign up process.

Contact us at info@integritycheerempire.com to sign up today!

Classes start the week of Sept. 9!

