

Where kids get a
jump on life!



Metro Cheer Captures Titles

In 2009 Metro Spirit All Star Cheer Program earned two 2nd place State titles, a National 1st and 3rd place title and two 2nd place International titles!



Metro Spirit All-Star Cheerleading

Metro Spirit All-Star Cheerleading offers opportunities to compete on an individual basis at an individual or stunt groups' skill level. Senior age individuals are eligible for cheerleading and academic scholarships.



Our goal is to provide a positive, safe and successful environment for all Metro athletes. Our job is to create a fun, disciplined, goal oriented program that helps kids to be successful individuals on and off the mat.



Metro Spirit Recreational Cheerleading

Recreational Cheer Tumbling Classes:

All skill levels, Ages 18 & under. Cheer Tumbling focuses on skill drills and floor time for practice.

Recreational Cheer Dance Class: All skill levels, Ages 8 - 18
Cheer Dance focuses on fun hip-hop type style dance technique.

Recreational Cheer Class: All skill levels, Ages 4 - 11
Recreational Cheer offers an opportunity to "try out" a cheer program without all the financial/ time commitments. During the session students learn each piece of a routine, stunts, pyramids, tosses, tumbling, motions, dance, formations and transitions. This is a non-competitive class yet we teach routines as if students were getting ready to compete.

Metro Spirit All-Star Cheerleading

Tumbling/Individual/Stunt Group Classes:

Cheer Team members only.

Beginner Class

Advanced Class (have a solid back handspring)

Metro Spirit All Star Cheer Teams: All skill levels
Metro Cheerleading Teams require a full financial/time commitment. Metro Spirit Cheerleading Teams focus on cheerleading competition based routines. During the year students will learn each piece of a routine, stunts, pyramids, tosses, tumbling, motions, dance, formations and transitions. The level of difficulty is based on age group and overall team skill level. Teams compete at local, regional and/or national competitions. Participation in voluntary exhibitions is also strongly encouraged. *Contact a director for more details

Team Pride: Mini, ages 8 and under

Team United: Youth, ages 11 and under

Team Force: Junior, ages 14 and under

Team Power: Senior, ages 18 and under

**Call Metro Gymnastics today at 503-620-8939
for a current class schedule and to register
your child for the upcoming sessions!**



Metro Gymnastics is recognized as a Gold Medal Children's Activity Center by the prestigious Character Counts (www.charactercounts.org)!



Metro Gymnastics Center
18084 SW Lower Boones Ferry Road
Tigard, Oregon 97224
503.620.8939
www.metrogymnastics.com

Hours

M-F 9am-9pm
Sat 9am-12pm