

# Westchester Cheer

5 Skyline Drive  
 Hawthorne, New York 10532  
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 www.westchestergymnastics.net

Westchester Gymnastics is now offering \*Cheerleading\* classes for all ages! Whether you are new to cheerleading or interested in improving your skills, our program has something for everyone. Quality instruction in the following areas.

- Critical Stretching and Exercises for Flexibility • Motions & Voice • Jump Techniques •
- Stunt Safety & Execution • Tumbling • Cheer & Dance •

## Sara Occhino: *Cheerleading Coach*

### Education

- Certification: Elementary Education (K-6), June 2007
- Sacred Heart University, Masters of Arts in Teaching, GPA: 3.969, August 07, Bachelor of Science, Psychology, GPA: 3.619, May 06
- Carmel High School, Class of 2002, High Honor roll, 1999-2002
- George Fisher Middle School, 1996-1999

Class instruction will be taught by Sara, who is a highly qualified coach backed with over 14 years of cheerleading experience. Throughout her career she has coached several cheerleading teams and classes, initiated and instructed camps and clinics, assisted teams in routine clean-up and skill development and has been choreographing routines since 2000. Coach Sara has expertise in teaching at the pre-school, elementary, recreational, and junior high school levels. She has over 9 years experience instructing gymnastics: 3 years experience coaching at the All-Star level, and is currently the varsity coach at Carmel High School. Sara is a certified Elementary School Teacher with a degree in Psychology and a Masters in Teaching. She is happy to become an addition to our staff here at Westchester

## Cheerleading Classes

Monday 17 weeks	Tuesday 18 weeks	Wednesday 18 weeks	Thursday 18 weeks	Friday 17 weeks	Saturday	Sunday
	3½ - 4 yrs. 10:00-10:45			3½ - 4 yrs. 10:00-10:45		
4 - 5 yrs. 12:00-12:45	3 - 5 yrs. 11:00-11:45	4 - 5 yrs. 11:00-11:45	4 - 5 yrs. 11:00-11:45	4 - 5 yrs. 11:00-11:45		
4 - 5 yrs. 1:30- 2:15			4 - 5 yrs. 2:00 - 2:45	4 - 5 yrs. 2:00 - 2:45		
	6 - 8 yrs. 3:30-4:15		6 - 8 yrs. 3:30 - 4:15			
	9 yrs. & up. 5:00-5:45	9 yrs. & up 5:00-5:45				All Star Cheer 5:30 - 7:30
			All Star Cheer 6:30 - 8:30			

April 5, 2010 - June 19, 2010

Monday or Friday 10 Weeks	Tuesday or Wednesday or Thursday 11 Weeks
\$182.50	\$200.75

### GYM CLOSED

Spring Recess	March 29 - April 4, 2010
Mother's Day	May 9, 2010
Memorial Weekend	May 28-31, 2010
Father's Day	June 20, 2010