

**K-5TH**  
GRADE

# Cheer & Flag Football

Wednesdays 7:00-8:00PM  
April 28th - June 2nd

## Girls

Learn and Develop  
Basic Cheerleading  
Skills Including::

KICKS

SYNCHRONIZED  
DANCE  
MOVES

BASIC CHEERS

BASIC JUMPS

AND MORE!!

## Boys

Learn and Develop  
Basic Flag Football  
Skills Including::

PASS RECEIVING  
ROUTE RUNNING  
BALL HANDLING  
STANCES  
AND DEFENSIVE  
TECHNIQUES



\*Weekly  
inter-squad  
scrimmages!

**FREE!**



Contact the Church Office to reserve  
your child's place :: 803-736-9250 or  
Email Pastor Chris ::  
[c.pedersen@northstarcolumbia.org](mailto:c.pedersen@northstarcolumbia.org)

Location :: 711 Longtown Road,  
Columbia, SC 29229 :: Drop off and  
pick up inside the G-Force Room.