



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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CHEER IS HERE

The MNBBY cheerleading program focuses on the basics of cheerleading, building fundamentals and an understanding of the requirements for cheer. Participants will learn cheerleading motions, jumps, and stunts. The main focus of this class will be to master the basics in order to progress their knowledge and ability in cheerleading. Although most tumbling is practiced in the separate tumbling class, some tumbling basics will be introduced.



DATE: January 5 – February 16, 2021

DAY/TIME: Tuesdays 4:15–5:15 PM

AGES: 7+

LOCATION: YMCA Athletic Center at 74 Cambridge Street in Meriden

FEE: Full Member \$70 Program Member \$99

REGISTER: Meriden YMCA at 110 West Main Street or call 203.235.6386
New Britain YMCA at 50 High Street or call 860.229.3787

CONTACT: Tony Cortright, Gymnastics Director and Head Coach, at 203.235.6386 or acortright@meridenymca.org. Visit meridenymca.org for COVID safety info.

Meet our Cheer instructor, Reagan Kenney

Reagan has been a lifelong gymnast and cheerleader in the state of Connecticut. She was a competitive gymnast for 7 years before starting her cheerleading career. She was a 3 year UCA All-American cheerleader at Maloney High School. Reagan has the honor to cheer in the London New Years Day parade as a representative of USA Cheerleading.

Reagan spent her first year of college at Sacred Heart University and competed at UCA College Cheerleading Nationals at Disney. She transferred to Central Connecticut State University where she competed on the Division I cheerleading team. As a two year captain she led the cheerleading team to finals twice at the NCA College Cheerleading Nationals. She also walked onto the CCSU Division I diving team for two years, finishing as a finalist in their Conference Competition.

Reagan has extensive knowledge of cheerleading and has coached at a high level. She spent a year coaching at the New England Cheerleaders Association where she helped run a summer camp and multiple cheerleading competitions. She also helped run the CCSU cheerleading summer camp. Reagan has also coached at the Newington Knights Cheer Program.



MERIDEN YMCA
110 West Main Street
Meriden CT 06451
203 235 6386
www.nbbymca.org

NEW BRITAIN YMCA
50 High Street
New Britain CT 06051
860 229 3787
www.nbbymca.org

BERLIN YMCA
362 Main Street
Berlin CT 06037
860 357 2717
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TUMBLING FOR CHEER/ACRO

This class is intended to teach basic tumbling including limbers, walkovers, handsprings and saltos with emphasis on proper skill progressions and conditioning. It is geared toward the aspiring or accomplished cheerleader, or anyone looking for more tumbling skills. Whether they are a dancer, wrestler, football player or just looking for fun and exercise this class will help them reach new heights!



DATE: January 7 - February 18, 2021

DAY/TIME: Thursdays 6:00-7:00 PM

AGES: 7+

LOCATION: YMCA Athletic Center at 74 Cambridge Street in Meriden

FEE: Full Member \$70 Program Member \$99

REGISTER: Meriden YMCA at 110 West Main Street or call 203.235.6386
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