



EastSide Centre Youth Programming



Cheerleading

EastSide Centre is proud to once again offer a Junior Cheer program. The class is designed to give grades K-8 an introduction to the fundamentals required to be a Cheerleader. Participants will initially focus on basic technique. These skills will then be combined into a routine to perform at the year-end program.

Dance

EastSide Centre will continue to offer Beginner and Intermediate level Ballet, Freestyle (Jazz), and Tap dance classes for members 3-18 years!

Participation promotes balance, coordination, discipline & self-esteem, as well as excitement about, and commitment to, physical activity that can last a lifetime. Participants will learn the fundamentals of dance, which will be used in their choreographed routines at our year-end program.

Youth Group Fitness

EastSide will be offering a Group Fitness Class for kids! This is an exciting, high energy program for members age 5-13 years. The class will incorporate all components of fitness including: flexibility, strength, and endurance. Participants will learn a physically challenging, exercise/acrobatic routine to perform at the end of the year.

Please see EastSide Centre Front Desk for more information