

Schedule of Events

October 1:

New tuition rates and payment policies effective, along with discounts for accounts on auto-pay

October 3-9:

PINK WEEK! Gym-wide pink-out EVERY day!

October 11:

Late Fee billed to non-zero accts

October 22-23:

Rising Star Choreo - 9-5 (22&23)

Renaissance Faire (22&23)

Down Syndrome Buddy Walk (22)

October 24-30:

CF1 Spirit Week! See Monthly Announcements for more info!

TAPING CORNER

A proper warm up is crucial to injury prevention. Make sure it includes an increase in heart rate and a flexibility component.

Courtesy of Kelsey Moody, Encore Rehabilitation

MONTHLY ANNOUNCEMENTS

BREAST CANCER AWARENESS MONTH!

Gym-wide PINK-OUT the first week in October! Wear pink all week! Send in your best PINK picture to newsletter@cheerforceone.com for a chance to be featured in the November 2011 newsletter!

CF1 SPIRIT WEEK - OCT 24 - 30!

Show your Cheer Force One spirit EACH and EVERY day!

Monday, Oct. 24 - Zoo Day

Tuesday, Oct. 25 - Celebrity Day

Wednesday, Oct. 26 - Disney Day

Thursday, Oct. 27 - 80's Day

Friday, Oct. 28 - Favorite Crayon Day

Saturday, Oct. 29 - Polka Dot Day

Sunday, Oct. 30 - Scary Movie Day

NEW PRICING STRUCTURE, AUTO-PAY DISCOUNTS!

Effective October 1, 2011, the new pricing structure will go into effect. If you have not already done so, see the front desk to sign up for auto-pay to eliminate any late fee worries and to see if you are eligible to reduce your monthly tuition rate!

RISING STAR CHOREOGRAPHY - Sat/Sun, OCT 22-23

Choreography will be held from 9-5 each day, lunch provided!

FALL SHOWCASE - CF1 ALL STARS - TUES, NOV 1:

ALL STARS: Please watch for an email toward the end of the month with details regarding the dress rehearsal Tuesday, November 1 as we gear up for Cheer For Hope on Saturday, November 5!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Tuition Billed
2	3	4	5	6	7	8
Support Breast Cancer Awareness Month - WEAR PINK!						
9	10	11 Late Fee Billed	12	13	14	15
16	17	18	19	20	21	22 RS Choreo 9-5
23 RS Choreo 9-5	24	25	26	27	28	29
CFO 2011 FALL SPIRIT WEEK! Show your spirit EVERY day!						
30	31					

For more information, please call us at 228.219.4444
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