

## French & Cheerleading in Quebec City

Take French classes in the morning, and spend the afternoon at the famous ACE Athletics cheerleading facility, learning how to cheer, tumble, and much more!

### Benefits

- Have fun while learning French
- Learn cheer and tumbling techniques
- Have a complete French immersion experience

### Location and Facilities

ACE Athletics is a Cheerleading and Tumbling specialized facility, located in Quebec City. Every year, more than 250 athletes perform in the National and International categories, with teams from level 1 to 6. With more than 10 National titles and 4 top10 performances at Worlds Championships in the past 2 years, ACE has become a great reference in Cheerleading, not only in Quebec city, but in Canada as well. Cheerleading is an incredible sport which combines strength, coordination, flexibility, power & a lot of fun! Our method allows kids to greatly evolve in a short time, both cheerleading techniques and their tumbling level! Coaches are passionate, they are qualified and organized. They make sure every kid leaves the gym with a big smile and great confidence!

### Program Features

- Start dates every week with flexible program duration
- 15 hours of French classes per week
- 15 hours of cheerleading and tumbling per week
- 7 levels of instruction from beginner to advanced
- 10 to 15 students per class
- Organized activities every afternoon and excursions on weekends
- Homestay or residence accommodation options



Apprendre  
le français  
à Québec!

## Program Details\*

### Costs in Canadian Dollars

#### Homestay Accomodation

1 week .....	<b>\$1825</b>
2 weeks .....	<b>\$3200</b>
3 weeks .....	<b>\$4600</b>
4 weeks .....	<b>\$6000</b>

#### Residence Accomodation

1 week .....	<b>\$2275</b>
2 weeks .....	<b>\$4375</b>
3 weeks .....	<b>\$5800</b>
4 weeks .....	<b>\$7300</b>

#### Included

- French classes
- Books and material
- Afternoon cheerleading camp
- Evening activities
- Weekend excursions
- Accommodation (from Sunday to Saturday):  
Homestay 3 meals/day  
Residence 3 meals & 1 evening snack/day
- Transportation between school, accommodation and camp
- Health insurance
- Transfer arrival and departure
- Custodianship services
- Registration fee and placement fee

#### Start Dates

Program offered from June 24<sup>th</sup> to July 19<sup>th</sup>, 2019.

Summer 2019	
June 24	July 1 July 8 July 15

\* Program is customizable to meet your specific needs. Contact us for a no-obligation consultation or quote.

The Summer French and Cheerleading for Teenagers program includes 15 hours of language classes and 15 hours of cheerleading and tumbling training per week. Develop your reading, writing, speaking, and comprehension skills in French in the morning, and in the afternoon, you will be given the opportunity to train in one of the top cheer institutes in the country, all in French!

This program gives you the opportunity to interact with teenagers from Quebec City as you learn the cheerleading and tumbling techniques, and receive coaching from French speaking professionals! Use your French as you develop your skills and passion for cheerleading, and enjoy a French immersion environment.

Either the homestay or residence option offer our students a complete immersion experience in Quebec City. Our "French only" policy ensure all students speak French at all time.

#### Daily Schedule (Monday to Friday)

8:30 am	Arrive at Collège Mérici
8:30 am – 11:45 am	French Class
11:45 am - 12:15 pm	Lunch
12:30 pm	Transport to Cheerleading Camp
1:00 pm - 4:00 pm	Cheerleading Camp
4:00 pm	Transport to Collège Mérici
4:30 pm	Transport to accommodation
Evenings	Activities in residence / Time with host family

#### Evening and Weekend Activities

**Students living in residence** enjoy organized activities every evening from Monday to Friday.

**Students living with host families** participate in organized activities one evening per 2 weeks together with students living in residence. On the remaining evenings, students in host families are free to enjoy the city on their own (with a curfew) or spend time with their host family.

All weekend excursions are included in the program cost. Please consult our activities calendar for details on organized activities and excursions.

#### Requirements

- 10-17 years of age at the start of the program
- Foreign students must meet Canadian visa requirements
- Foreign students must have travel and health insurance for the duration of the program



#### Registration

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