



Winter 2023 Recreational Schedule

785 Sir John A MacDonald Blvd Unit 7B

Kingston, ON K7L 1H3

343-580-8422

Recreational Cheer Classes

In recreational cheer classes, athletes will learn all aspects of cheerleading!
Stunting, Tumbling, Jumps and Motions

	Sunday	Monday	Tuesday	Wednesday	Thursday
	10 weeks	11 weeks	12 weeks		
Parent & Tot 2-3 years	11:15 am -12:00 pm \$100 + HST				
Kinder Katz 4-5 years	11:00 am-12:00 pm 3:00-4:00 pm \$170 + HST	4:45-5:45 pm 5:45-6:45 pm \$187 + HST		4:45-5:45 pm \$204 + HST	
Junior Recreational 6-9 years	12:00-1:00 pm 1:00-2:00 pm 3:00-4:00 pm 5:00-6:00 pm 6:00-7:00 pm \$170 + HST	7:00-8:00 pm \$187 + HST	6:15-7:15 pm 7:15-8:15 pm \$204 + HST	5:45-6:45 pm 6:45-7:45 pm \$204 + HST	6:15-7:15 pm \$204 + HST
Senior Recreational 10 years +		8:00-9:00 pm \$187 + HST		7:45-8:45 pm \$204 + HST	

Tumbling Classes - ages 5+

Tumbling classes focus only on tumbling skills, drills and conditioning

Level 1 For athletes working on handstands, cartwheels, bridges and other tumbling foundations	12:00-1:00 pm 3:00-4:00 pm \$170 + HST	6:00-7:00 pm \$187 + HST			5:15-6:15 pm 7:15-8:15 pm \$204 + HST
Level 1 Advanced For athletes working on front walkovers, back walkovers and roundoffs. Must have cartwheel, handstand, and bridge mastered to register.	1:00-2:00 pm 4:00-5:00 pm \$170 + HST		5:15-6:15 pm \$204 + HST	5:45-6:45 pm \$204 + HST	7:00-8:00 pm \$204 + HST
Level 2 For athletes working on handspring skills. Must have walkovers mastered to register.	4:00-5:00 pm 5:00-6:00 pm \$170 + HST	5:00-6:00 pm \$187 + HST		4:45-5:45 pm \$204 + HST	
Level 3 For athletes working on front/back tuck skills. Must have roundoff handspring mastered to register.			5:45-6:45 pm \$204 + HST		
Level 4+ For athletes ready to learn layouts, twisting and advanced tumbling lines. Must have a roundoff back handspring tuck mastered to register.			6:45-7:45 pm 7:30-8:30 pm \$204 + HST		

Ninja Skills Classes

In ninja skills class, your athlete will run, jump, and tumble.
A perfect class to burn off some energy!

Junior Ninjas 5-8 years	12:30-1:15 pm 1:15-2:00 pm 6:00-6:45 pm \$127.50 + HST	5:15-6:00 pm 6:00-6:45 pm \$140.25 + HST			
Senior Ninjas 9-14 years	11:45 am-12:30 pm 6:45-7:15 pm \$127.50 + HST	6:45-7:30 pm \$140.25 + HST			

First Day of classes: Sunday January 8, 2023

Last Day of Classes: Thursday April 6, 2023

NO CLASSES: Sunday January 29, Sunday February 19, Monday February 20, and March Break (March 12-18).

Non-competitive athletes must pay an annual registration & insurance fee of \$35 + HST, valid May 1, 2022 - April 30, 2023.

Classes can be combined, changed or cancelled due to low enrollment or scheduling. No credits will be given due to illness or poor weather.

Please refer to our website for our refund policy.