



## FALL 2023 Recreational Schedule

785 Sir John A MacDonald Blvd Unit 7B

Kingston, ON K7L 1H3

343-580-8422

Recreational Cheer Classes	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
	<b>13 weeks</b> 60 min - \$221 +HST 45 min - \$165.75 +HST Parent & Tot - \$130 +HST	<b>14 weeks</b> 60 min - \$238 +HST 45 min - \$178.50 +HST	<b>14 weeks</b> 60 min - \$238 +HST 45 min - \$178.50 +HST	<b>15 weeks</b> 60 min - \$255 +HST 45 min - \$191.25 +HST	<b>15 weeks</b> 60 min - \$255 +HST 45 min - \$191.25 +HST	<b>12 weeks</b> 60 min - \$204 +HST 45 min - \$153 +HST
<b>Parent &amp; Tot</b> 2-3 years	10:15-11:00 am					
<b>Kinder Cheer</b> 4-5 years	1:15-2:15 pm 3:15-4:15 pm	6:00-7:00 pm	5:15-6:15 pm			10:00-11:00 am
<b>Junior Recreational</b> 6-9 years	2:15-3:15 pm 6:00-7:00 pm	7:00-8:00 pm			6:45-7:45 pm	11:00 am - 12:00 pm 12:00-1:00 pm
<b>Senior Recreational</b> 10 years +	7:00-8:00 pm	8:00-9:00 pm			7:45-8:45 pm	
<b>Tumbling Classes</b>	See website for required skill demonstration videos					
<b>Kinder</b> For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 4-5	3:15-4:00 pm		4:30-5:15 pm		5:15-6:00 pm	
<b>Level 1</b> For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5+	4:15-5:15 pm 5:00-6:00 pm			5:00-6:00 pm 6:00-7:00 pm		
<b>Level 1 Advanced</b> For athletes working on front walkovers, back walkovers and roundoffs. Must have cartwheel, handstand, and bridge mastered to register. Ages 5+	5:15-6:15 pm			7:00-8:00 pm	6:00-7:00 pm	
<b>Level 2</b> For athletes learning the fundamentals of handsprings. Must have back walkover mastered to register. Ages 5+	1:15-2:15 pm 2:15-3:15 pm			7:00-8:00 pm		
<b>Level 2 Advanced</b> For athletes ready to learn how to connect roundoff handsprings and standing handsprings in sequence. Must have walkovers mastered and a standing back handspring with minimal assistance to register. Ages 5+	4:00-5:00 pm		5:15-6:15 pm			
<b>Level 3</b> For athletes working on front/back tuck skills. Must have roundoff double handspring and front handspring mastered to register.		5:00-6:00 pm		6:00-7:00 pm		
<b>Level 4+</b> For athletes ready to learn layouts, twisting and advanced tumbling lines. Must have a roundoff back handspring tuck mastered to register.		6:00-7:00 pm		5:00-6:00 pm		
<b>Senior Level 1/2 Combined</b> For athletes ages 12+ working on level 1 and 2 tumbling skills Ages 12+		7:15-8:15 pm				
<b>Ninja Skills Classes</b>						
<b>Junior Ninjas</b> 5-8 years					5:15-6:00 pm	
<b>Senior Ninjas</b> 9-14 years					6:00-6:45 pm	

**First Day of classes: Sunday September 10, 2023**

**Last Day of Classes: Thursday December 21, 2023**

**NO CLASSES:** October 7-9 (Thanksgiving), October 31 (Halloween) and December 2-3 (Cheer for the Cure Competition)

Non-competitive athletes must pay an annual registration & insurance fee of \$35 + HST, valid May 1, 2023 - April 30, 2024.

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.