



## WINTER 2024 Recreational Schedule

785 Sir John A MacDonald Blvd Unit 7B

Kingston, ON K7L 1H3

343-580-8422

Recreational Cheer Classes	Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
	<b>10 weeks</b> 60 min - \$180 +HST 45 min - \$135 +HST Parent & Tot - \$100 +HST	<b>11 weeks</b> 60 min - \$198 +HST 45 min - \$148.50 +HST	<b>12 weeks</b> 60 min - \$216 +HST 45 min - \$162 +HST	<b>12 weeks</b> 60 min - \$216 +HST 45 min - \$162 +HST	<b>11 weeks</b> 60 min - \$198 +HST 45 min - \$148.50 +HST	<b>8 weeks</b> 60 min - \$144 +HST 45 min - \$108 +HST
Parent & Tot 2-3 years	10:15-11:00 am					
Kinder Cheer 4-5 years	1:15-2:15 pm	6:00-7:00 pm	5:15-6:15 pm			10:00-11:00 am 11:00 am-12:00 pm
Junior Recreational 6-9 years	6:00-7:00 pm	7:00-8:00 pm	6:15-7:15 pm 7:15-8:15 pm		6:45-7:45 pm	10:00 -11:00 am 11:00 am - 12:00 pm 12:00-1:00 pm
Senior Recreational 10 years +	7:00-8:00 pm	8:00-9:00 pm			7:45-8:45 pm	
Tumbling Classes	See website for required skill demonstration videos					
Kinder For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 4-5	12:30-1:15 pm				5:30-6:15 pm	
Level 1 For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5+	11:15 am - 12:00 pm 4:30-5:30 pm 5:00-6:00 pm			5:00-6:00 pm 6:00-7:00 pm		
Level 1 Advanced For athletes working on front walkovers, back walkovers and roundoffs. Must have cartwheel, handstand, and bridge mastered to register. Ages 5+	12:00-1:00 pm 3:15-4:15 pm 5:30-6:30 pm			7:00-8:00 pm	6:15-7:15 pm	
Level 2 For athletes learning the fundamentals of handsprings. Must have back walkover mastered to register. Ages 5+	1:15-2:15 pm			6:00-7:00 pm		
Level 2 Advanced 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+	2:15-3:15 pm 4:00-5:00 pm		5:15-6:15 pm			
Level 3 For athletes working on front/back tuck skills. Must have roundoff double handspring and front handspring mastered to register.		6:00-7:00 pm		7:45-8:45 pm		
Level 4+ For athletes ready to learn layouts, twisting and advanced tumbling lines. Must have a roundoff back handspring tuck mastered to register.				5:00-6:00 pm		
Senior Level 1/2 Combined For athletes ages 12+ working on level 1 and 2 tumbling skills Ages 12+		7:15-8:15 pm				
Ninja Skills Classes						
Junior Ninjas 5-8 years					5:15-6:00 pm	
Senior Ninjas 9-14 years					6:00-6:45 pm	
First Day of Classes	January 7, 2024	January 8, 2024	January 9, 2024	January 10, 2024	January 11, 2024	January 13, 2024
Last Day of Classes	April 7, 2024	April 8, 2024	April 2, 2024	April 3, 2024	April 4, 2024	April 6, 2024
No Classes	Jan 28, Feb 11, Mar 10, Mar 31	Feb 19, Mar 11, Apr 1	Mar 12	Mar 13	Feb 8, Mar 14	Jan 27, Feb 10, Feb 24, Mar 16, Mar 30

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.