



SUMMER 2024 Recreational Schedule

785 Sir John A MacDonald Blvd Unit 7B
Kingston, ON K7L 1H3
343-580-8422

	Tuesday	Wednesday	Thursday
Recreational Cheer Classes	10 weeks 60 min - \$185 +HST	10 weeks 60 min - \$185 +HST	10 weeks 60 min - \$185 +HST
Parent & Tot 2-3 years	Unavailable for Summer 2024		
Kinder Cheer 4-5 years		5:00-6:00 pm	
Junior Recreational 6-9 years		6:00-7:00 pm 7:00-8:00 pm	
Senior Recreational 10 years +		8:00-9:00 pm	
Tumbling Classes			
Kinder For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 4-5	Unavailable for Summer 2024		
Level 1 For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5+			Level 1/1 Advanced Combined Class 5:00-6:00 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+			
Level 2 For athletes learning the fundamentals of handsprings. Must have back walkover mastered to register. Ages 5+	Level 2/2 Adv Combined Class 6:30-7:30 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+			7:00-8:00 pm
Level 3 For athletes working on front/back tuck skills. Must have roundoff double handspring and front handspring mastered to register.	Level 3-5 Combined Class 7:30-8:30 pm		Level 3-5 Combined Class 8:00-9:00 pm
Level 4+ For athletes ready to learn layouts, twisting and advanced tumbling lines. Must have a roundoff back handspring tuck mastered to register.			
Senior Level 1/2 Combined For athletes ages 12+ working on level 1 and 2 tumbling skills Ages 12+	Unavailable for Summer 2024		
Ninja Skills Classes	Unavailable for Summer 2024		
Junior Ninjas 5-8 years			
Senior Ninjas 9-14 years			
First Day of Classes	June 11, 2024	June 12, 2024	June 13, 2024
Last Day of Classes	August 13, 2024	August 14, 2024	August 15, 2024
No Classes			

Non-competitive athletes must pay an annual registration & insurance fee of \$35 + HST, valid May 1, 2024 - April 30, 2025.
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.