



Fall 2024 Recreational Schedule

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreational Cheer Classes	12 weeks 60 min - \$222 +HST 45 min - \$162	14 weeks 60 min - \$259 +HST	15 weeks 60 min - \$277.50 +HST	15 weeks 60 min - \$277.50 +HST	14 weeks 60 min - \$259 +HST 45 min - \$189 + HST	14 weeks 60 min - \$259 +HST	13 weeks 60 min - \$240.50 +HST Parent & Tot - \$130 + HST
Parent & Tot 2-3 years							9:15-10:00 am
Kinder Cheer 4-5 years	9:30-10:30 am 12:30-1:30 pm			5:00-6:00 pm			11:00 am - 12:00 pm
Junior Recreational 6-9 years	10:30-11:30 am 11:30 am- 12:30 pm	6:30-7:30 pm	7:00-8:00 pm	6:00-7:00 pm	7:00-8:00 pm		
Senior Recreational 10 years +		7:30-8:30 pm		8:00-9:00 pm			
Tumbling Classes							
Kinder For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 4-5	2:30-3:15 pm				5:15-6:00 pm		
Level 1 For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5+	9:30-10:30 am 1:30-2:30 pm	5:30-6:30 pm		5:15-6:15 pm	6:00-7:00 pm		10:00-11:00 am
Level 1 Advanced For athletes working on front walkovers, back walkovers and roundoffs. Must have cartwheel, handstand, and bridge mastered to register. Ages 5+	6:15-7:15 pm		5:00-6:00 pm. 6:00-7:00 pm	6:15-7:15 pm 7:00-8:00 pm			
Level 2 For athletes learning the fundamentals of handsprings. Must have back walkover mastered to register. Ages 5+	12:45-1:45 pm 1:45-2:45 pm 5:15-6:15 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+	2:45-3:45 pm 3:45-4:45 pm				6:00-7:00 pm		
Level 3 For athletes working on front/back tuck skills. Must have roundoff double handspring and front handspring mastered to register.			5:00-6:00 pm		7:00-8:00 pm	Level 3-5 Combined Class 4:30-5:30 pm	
Level 4+ For athletes ready to learn layouts, twisting and advanced tumbling lines. Must have a roundoff back handspring tuck mastered to register.	11:15 am - 12:15 pm		6:00-7:00 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						
First Day of Classes	September 8, 2024	September 9, 2024	September 10, 2024	September 11, 2024	September 12, 2024	September 13, 2024	September 7, 2024
Last Day of Classes	December 15, 2024	December 16, 2024	December 17, 2024	December 18, 2024	December 19, 2024	December 20, 2024	December 14, 2024
No Classes	Oct. 13, Nov. 24, and Dec 7	Oct. 14			Oct. 31	Dec. 6	Oct. 12 and Dec. 7

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.