

Fall 2025 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 classes 60 min - \$240 +HST 45 min - \$180 + HST 30 min - \$ 120 + HST	14 classes 60 min - \$280 +HST 30 min - \$140 + HST	16 classes 60 min - \$320 + HST 45 min - \$240 + HST	16 classes 60 min - \$320 + HST 30 min - \$160 + HST	16 classes 60 min - \$320 + HST 45 min - \$240 + HST	14 classes 60 min - \$280 +HST 45 min - \$210 + HST 30 min - \$140 + HST	13 classes 60 min - \$260 +HST 45 min - \$195 + HST Parent & Tot - \$130 + HST
Parent & Tot 2-3 years							9:15-10:00 am
Kinder Cheer 4-5 years	3:45-4:45 pm		5:00-6:00 pm				10:00-11:00 am
Junior Recreational 6-9 years		7:00-8:00 pm	7:00-8:00 pm	6:00-7:00 pm	6:00-7:00 pm		11:00 am - 12:00 pm 12:00-1:00 pm
Senior Recreational 10 years +	4:45-5:45 pm		8:00-9:00 pm				
Tumbling Classes							
Kinder Io experience necessary. For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 4-5					5:15-6:00 pm		11:00-11:45 am
Level 1 o experience necessary. For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5+	1:15-2:15 pm 2:15-3:15 pm	5:00-6:00 pm		5:00-6:00 pm	7:00-8:00 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+	12:15-1:15 pm 2:15-3:15 pm 5:00-6:00 pm	6:00-7:00 pm		7:00-8:00 pm			
Level 2 For athletes learning the fundamentals of handsprings. Must have back walkover mastered to register. Ages 5+	11:15 am - 12:15 pm 1:15-2:15 pm	5:00-6:00 pm	6:00-7:00 pm				
Level 2 Advanced r 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+		6:00-7:00 pm	7:00-8:00 pm		5:00-6:00 pm 8:00-9:00 pm		
Level 3 For athletes working on front/back tuck skills. Must have undoff double handspring and front handsparing mastered to register.	3:15-4:15 pm	7:00-8:00 pm			7:00-8:00 pm	4:00-5:00 pm	
Level 4+ For athletes ready to learn layouts, twisting and advanced tumbling lines. Must have a roundoff back handspring tuck mastered to register.			8:00-9:00 pm		6:00-7:00 pm		
Senior Level 1/2 Combined For athletes ages 10+ working on level 1 and 2 tumbling skills Ages 10+	6:00-7:00 pm				8:00-9:00 pm		
Specialty Classes	These classes are designed with our competitive athletes in mind and are not suggested for beginners						
Jumps or athletes looking to improve their jumps. Athletes will work on their flexibility and strength to improve all jumps. Ages 6+	11:45 am - 12:15 pm	8:00-8:30 pm		7:30-8:00 pm			
Air Positions or athletes looking to improve their air positions for stunting. hletes will work on their flexibility and strength to improve all air positions. Ages 6+	3:15-3:45 pm			7:00-7:30 pm		5:15-5:45 pm 5:45-6:15 pm 7:00-7:30 pm	
Stretch and Strength Athletes will work on their strength and flexibility in this class designed to improve their overall fitness for cheerleading. Ages 8+	12:15-1:00 pm		6:15-7:00 pm			6:15-7:00 pm	
First Day of Classes	September 7, 2025	September 8, 2025	September 2, 2025	September 3, 2025	September 4, 2025	September 5, 2025	September 6, 2025
Last Day of Classes	December 14, 2025	December 15, 2025	December 16, 2025	December 17, 2025	December 18, 2025	December 19, 2025	December 13, 2025
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Non-competitive athletes must pay an annual registration & insurance fee of \$35 + HST, valid May 1, 2025 - April 30, 2026.

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.