



# Summer 2026 Recreational Schedule

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Recreational Cheer Classes</b>	<b>10 classes</b> 60 min - \$200 +HST	<b>11 classes</b> 60 min - \$220 + HST	<b>10 classes</b> 60 min - \$200 + HST 45 min - \$150 + HST	<b>11 classes</b> 60 min - \$220 +HST
<b>Parent &amp; Tot</b> 2-3 years	Program not offered for Summer 2026			
<b>Kinder Cheer</b> 4-5 years			5:15-6:00 pm	
<b>Junior Recreational</b> 6-9 years			6:15-7:15 pm	
<b>Senior Recreational</b> 10 years +			7:45-8:45 pm	
<b>Tumbling Classes</b>				
<b>Kinder</b> No experience necessary. For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 4-5			6:00-6:45 pm	
<b>Level 1</b> No experience necessary. For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5+			5:15-6:15 pm 6:45-7:45 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+		6:00-7:00 pm	7:15-8:15 pm	5:15-6:15 pm
<b>Level 2</b> For athletes learning the fundamentals of handsprings. Must have back walkover mastered to register. Ages 5+		7:00-8:00 pm 8:00-9:00 pm		6:15-7:15 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+	5:30-6:30 pm 6:30-7:30 pm	4:30-5:30 pm 6:30-7:30 pm		
<b>Level 3</b> For athletes working on front/back tuck skills. Must have roundoff double handspring and front handspring mastered to register.	4:30-5:30 pm (Level 3+) 7:30-8:30 pm	5:30-6:30 pm 7:30-8:30 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.	8:30-9:30 pm	8:30-9:30 pm		
<b>Senior Level 1/2 Combined</b> For athletes ages 10+ working on level 1 and 2 tumbling skills Ages 10+				7:15-8:15 pm
<b>First Day of Classes</b>	<b>June 1, 2026</b>	<b>June 2, 2026</b>	<b>June 3, 2026</b>	<b>June 4, 2026</b>
<b>Last Day of Classes</b>	<b>August 10, 2026</b>	<b>August 11, 2026</b>	<b>August 12, 2026</b>	<b>August 13, 2026</b>
<b>No Classes</b>	<b>Aug 3, 2026</b>		<b>July 1, 2026</b>	

Non-competitive athletes must pay an annual registration & insurance fee of \$35 + HST, valid May 1, 2026 - April 30, 2027.  
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.