



Summer 2025 Recreational Schedule

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

Recreational Cheer Classes	Monday	Tuesday	Wednesday	Thursday
	10 weeks 60 min - \$190 +HST	10 weeks 60 min - \$190 +HST	11 weeks 60 min - \$209 +HST	11 weeks 60 min - \$209 +HST
Parent & Tot 2-3 years				
Kinder Cheer 4-5 years		6:00-7:00 pm		
Junior Recreational 6-9 years		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				
Level 1 For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5+	Level 1/1Adv Combined 5:00-6:00 pm	Level 1/1Adv Combined 5:00-6:00 pm		Level 1/1Adv Combined 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+	6:00-7:00 pm	5:00-6:00 pm 7:15-8:15 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+	7:00-8:00 pm	8:15-9:15 pm		8:00-9:00 pm
Level 3 For athletes working on front/back tuck skills. Must have roundoff double handspring and front handspring mastered to register.	Level 3 + 8:00-9:00 pm			Level 3 + 6:00-7:00 pm 7:00-8:00 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 10+ working on level 1 and 2 tumbling skills Ages 10+				
First Day of Classes	June 2, 2025	June 3, 2025	June 4, 2025	June 5, 2025
Last Day of Classes	August 11, 2025	August 12, 2025	August 13, 2025	August 14, 2025
No Classes	Aug. 4	Jul. 1		
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.				