



Winter 2025 Recreational Schedule

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

Winter 2025 Recreational Schedule							
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreational Cheer Classes	9 weeks 60 min - \$166.50 +HST 45 min - \$125 + HST	11 weeks 60 min - \$203.50 +HST	11 weeks 60 min - \$203.50 +HST	11 weeks 60 min - \$203.50 +HST	11 weeks 60 min - \$203.50 +HST 45 min - \$153 + HST	9 weeks 60 min - \$166.50 +HST	8 weeks 60 min - \$148 +HST 45 min - \$111 + HST Parent & Tot - \$80 + HST
Parent & Tot 2-3 years							9:45-10:30 am
Kinder Cheer 4-5 years	12:30-1:30 pm			5:30-6:30 pm (FULL)			10:30-11:30 am
Junior Recreational 6-9 years	11:30 am- 12:30 pm (FULL)	6:30-7:30 pm	7:00-8:00 pm		7:00-8:00 pm		11:30 am - 12:30 pm
Senior Recreational 10 years +		7:30-8:30 pm (FULL)			8:00-9:00 pm		
Tumbling Classes							
Kinder <small>For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 4-5</small>	2:30-3:15 pm				5:15-6:00 pm		
Level 1 <small>For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5+</small>	9:30-10:30 am 1:30-2:30 pm	5:00-6:00 pm		6:30-7:30 pm	6:00-7:00 pm		10:30-11:30 am
Level 1 Advanced <small>For athletes working on front walkovers, back walkovers and roundoffs. Must have cartwheel, handstand, and bridge mastered to register. Ages 5+</small>	10:30-11:30 am (FULL)	6:00-7:00 pm (FULL) 7:00-8:00 pm (ages 9+)	5:00-6:00 pm (FULL) 6:00-7:00 pm (FULL)	6:30-7:30 pm (FULL) 7:30-8:30 pm			
Level 2 <small>For athletes learning the fundamentals of handsprings. Must have back walkover mastered to register. Ages 5+</small>	12:45-1:45 pm (FULL) 1:45-2:45 pm (FULL) 5:15-6:15 pm (FULL)		8:00-9:00 pm				
Level 2 Advanced <small>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+</small>	2:45-3:45 pm 3:45-4:45 pm				6:00-7:00 pm (FULL)		
Level 3 <small>For athletes working on front/back tuck skills. Must have roundoff double handspring and front handspring mastered to register.</small>			5:00-6:00 pm (FULL)		7:00-8:00 pm	Level 3-5 Combined Class 4:30-5:30 pm (FULL)	
Level 4+ <small>For athletes ready to learn layouts, twisting and advanced tumbling lines. Must have a roundoff back handspring tuck mastered to register.</small>	11:15 am - 12:15 pm		6:00-7:00 pm				
Senior Level 1/2 Combined <small>For athletes ages 10+ working on level 1 and 2 tumbling skills Ages 10+</small>	6:15-7:15 pm						
First Day of Classes	January 5, 2025	January 6, 2025	January 7, 2025	January 8, 2025	January 9, 2025	January 10, 2025	January 11, 2025
Last Day of Classes	March 30, 2025	March 31, 2025	March 25, 2025	March 26, 2025	March 27, 2025	March 28, 2025	March 29, 2025
No Classes	Feb 2, Feb 9, Mar 2, Mar 9	Feb 17 and Mar 10	Mar 11	Mar 12	Mar 13	Feb 7, Feb 28, Mar 14	Feb 1, Feb 8, Mar 1, Mar 15

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.