Kingston Elite Cheerleading
Winter 2027 Recreational Schedule
785 Sir John A MacDonald Blvd, Unit 7B
Kingston, ON K7L 1H3

Recreational Cheer Classes	***Sunday***	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Saturday***
	8 classes *60 min - $160 +HST*	*11 classes* *60 min - $220 +HST*	*13 classes* *60 min - $260 + HST*	*13 classes* *60 min - $260 + HST* *45 min - $195 + HST*	*11 classes* *60 min - $220 + HST*	*8 classes* *60 min - $160 +HST*	*8 classes* *60 min - $160 +HST* *45 min - $120 + HST* *Parent & Tot - $80 + HST*
Parent & Tot 2-3 years							9:00-9:45 am
Kinder Cheer 4-5 years	1:00-2:00 pm			5:00-6:00 pm	5:15-6:15 pm		9:00-10:00 am
Junior Recreational 6-9 years	3:00-4:00 pm 4:00-5:00 pm		5:30-6:30 pm	5:30-6:30 pm	6:15-7:15 pm		
Senior Recreational 10 years +			7:30-8:30 pm		7:15-8:15 pm		
Tumbling Classes							
Kinder No experience necessary. For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 4-5				6:00-6:45 pm			10:45-11:30 am
Level 1 No experience necessary. For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5-8	10:45-11:45 am	6:30-7:30 pm			5:15-6:15 pm 6:15-7:15 pm		9:45-10:45 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+	12:30-1:30 pm 2:00-3:00 pm		6:30-7:30 pm			6:30-7:30 pm	
Level 2 For athletes learning the fundamentals of handsprings. Must have back walkover mastered to register. Ages 6+	11:45 am - 12:45 pm		4:30-5:30 pm	4:30-5:30 pm 6:30-7:30 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 6+	4:00-5:00 pm	6:30-7:30 pm 7:30-8:30 pm	5:30-6:30 pm				
Level 3 For athletes working on front/back tuck skills. Must have roundoff double handspring and front handsparing mastered to register.		4:30-5:30 pm	Level 3+ 4:30-5:30 pm Level 3 6:30-7:30 pm		Level 3+ 7:30-8:30 pm		
Level 4+ For athletes ready to learn layouts, twisting and advanced tumbling lines. Must have a roundoff back handspring tuck mastered to register.	3:00-4:00 pm	5:30-6:30 pm	7:30-8:30 pm				
Senior Level 1/2 Combined For athletes ages 9+ working on level 1 and 2 tumbling skills Ages 9+	2:00-3:00 pm 5:00-6:00 pm			7:30-8:30 pm			
First Day of Classes	**Jan 3**	**Jan 4**	**Jan 5**	**Jan 6**	**Jan 7**	**Jan 8**	**Jan 9**
Last Day of Classes	**Apr 4**	**Apr 5**	**Apr 6**	**Apr 7**	**Apr 1**	**Apr 2**	**Apr 3**
No Classes	Jan 24, Feb 7, Feb 14, Mar 7, Mar 14, or Mar 28	Feb 15, Mar 15, Mar 29	Mar 16	Mar 17	Feb 11 and Mar 18	Jan 22, Feb 12, Mar 5, Mar 19, or Mar 26	Jan 23, Feb 13, Mar 6, Mar 20, Mar 27

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.