



Fall/Winter/Spring 2019-2020

Fall: September 3 to November 15, 2019 (Registration opens June 1)
Winter: November 18 to February 14, 2020 (Registration opens Sept 15)
Spring: February 18 to May 15, 2020 (Registration opens Dec 1)



Interior Freeze Athletics is closed for regular classes on the following days:

October 12 to 14 October 31 (evening only) November 9 to 11
December 21 to January 4 February 15 to 17 March 14 to March 21 April 10 to April 13

Recreational Cheerleading

<i>*Prices include GST*</i>	<i>Monday</i>	<i>Tuesday</i>	Register online at www.freezeathletics.com	<i>Thursday</i>	<i>Friday</i>
Pre-Cheer Ages 3 – 5 \$212.70		4:30 – 5:30pm			3:15 – 4:15pm
Snowflakes Cheer Ages 6 – 10 and 7 - 12 \$285.51				3:30 – 5:00pm (ages 7-12)	5:00 – 6:30pm (ages 6-10)
Wind Chill Ages 7 – 14 years \$285.51		5:15 – 6:45pm			

Drop in Programs

<i>*Prices include GST*</i>	<i>Sunday</i>	<i>Monday</i>	<i>Thursday</i>	<i>Friday</i>
Tot Drop-in Ages 0 – 5 (Parent Participation Required) \$5/child or \$45/10 class punch card		10:00 – 11:00am	10:00 – 11:00am	
Drop-in Ages 5+ \$5 members/\$10 non-members	11:30 – 1:00pm			7:30 – 9:00pm

Registration Fee:

- A yearly (September to August), **non-refundable** registration fee of \$42 per athlete is required for all cheerleading and tumbling classes (includes BC Cheer Membership, Cheer Canada membership, Kamloops Cheerleading Society membership).

Refund Policy:

- Refunds of session programs will only be considered within 2 weeks of start date. The registration fee is non-refundable. Written notice of withdraw must be received – can be emailed to freezeathletics@gmail.com or handed in to front desk.
- Refunds for 9 month tumbling programs are different than session programs. Athletes registered in 9 month tumbling programs must give 1 month written notice of withdrawal prior to the first of the previous month (eg. Written notice to withdraw as of March 1 must be given prior to February 1).
- When withdrawing, session fee will be pro-rated and the balance will be refunded the following way:
 - 100% if refunding to account, 90% if refunding to cheque.

Be a Part of our Passion

#14-970 Laval Crescent
Kamloops BC, V2C 5P5

www.freezeathletics.com
freezeathletics@gmail.com
250.851.4466

11 Week Tumbling Programs (Fall, Winter & Spring Sessions)

<i>*Prices include GST*</i>	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Tumble 3/4 Ages 3 – 4 years \$176.30	3:00 – 3:45pm	3:30 – 4:15pm		9:15 – 10:00am (ages 3 -5)	
Pre-Tumble 4/5 Ages 4 – 5 years \$176.30	3:45 – 4:30pm	3:30 – 4:15pm		3:30 – 4:15pm	4:15 – 5:00pm
Just Tumble Ages 6 – 11 and 8 – 14 \$212.70		4:15 – 5:15pm 5:30 – 6:30pm (ages 8-14 only)	3:15 – 4:15pm		
Tumbling for Dancers Ages 7 – 13 \$212.70					6:30 – 7:30pm
Adult Tumble Ages 17+ \$212.70	8:15 – 9:15pm				

Pre-Cheer (ages 3 – 6):

- An 12 week introduction to the basics of cheer. Athletes will be taught stunting, tumbling, jumping, motions and general body awareness.

Snowflakes (ages 6 – 10 and ages 7 – 13):

- An 12 week program that will focus on the beginning/intermediate progressions of cheerleading. Athletes will learn stunting, tumbling, jumping and motions. Further progressions will be taught based on athletes' abilities.

Wind Chill (ages 7 – 14)

- An 12 week program for athletes who have previous cheerleading experience. This program will build on the skills athletes have learned in past sessions and will continue with intermediate to more advanced skills in stunting, tumbling, jumping and motions. Must have participated in at least two sessions of Snowflakes Cheer or be recommended by a coach to this program.

Tot Drop-In (ages 0 – 5):

- A parent participation program that allows young children to explore the gym, movements and locomotion, monitored by coach, but not coach led.
- *Membership not required for this drop-in.*

Drop-in (ages 5+):

- Open gym time to stunt and tumble, monitored by coach, but not coach led.
- *Membership not required for this drop-in.*

Pre-Tumble (ages 3 – 5):

- An 12 week program that will teach the beginning progressions of tumbling including body shapes, rolls, cartwheels, handstands and general body awareness. Split into a 3-4 year old class and a 4-5 year old class.

Just Tumble (ages 6 – 11 and ages 8 – 14):

- An 12 week program that will teach age appropriate progressions of tumbling including rolls, cartwheels, round offs, walkovers and handsprings where applicable.

Tumbling for Dancers (ages 7-13):

- An 12 week program that will teach appropriate progressions into acro specific skills such as handstand shapes, walkovers, dive cartwheels, aerials, handsprings.

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