

Schedule is subject to change. Registration Open Now



## Tumbling Programs



No attendance requirement • No competitions • Month to Month program • Choose one class per week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pre-Tumble 3/4</b> Ages 3 – 4 \$411.52 / \$45.72 monthly		9:30 – 10:15am 10:30 – 11:15am (both ages 3-5)	3:30 – 4:15pm	3:15 – 4:00pm		
<b>Pre-Tumble 4/5</b> Ages 4 – 5 \$411.52 / \$45.72 monthly		3:00 – 3:45pm	3:15 – 4:00pm			4:45 – 5:30pm
<b>Basic Tumble</b> Ages 6 – 14 \$514.54 / \$57.17 monthly	4:15 – 5:15pm	3:45 – 4:45pm		4:15 – 5:15pm	3:30 – 4:30pm	5:00 – 6:00pm
<b>Tumble Level 1</b> Ages 6+ \$514.54 / \$57.17 monthly	6:15 – 7:15pm	7:30 – 8:30pm				3:30 – 4:30pm
<b>Tumble Level 2</b> Ages 6+ \$514.54 / \$57.17 monthly	2:00 – 3:00pm					6:30 – 7:30pm
<b>Tumble Level 3</b> Ages 7+ \$514.54 / \$57.17 monthly	2:00 – 3:00pm			5:15 – 6:15pm		
<b>Tumble Level 4</b> Ages 8+ \$514.54 / \$57.17 monthly		4:00 – 5:00pm				
<b>Tumble Level 5</b> Ages 8+ \$514.54 / \$57.17 monthly					4:45 – 5:45pm	
<b>Conditioning</b> Ages 7+ Inc. in comp fee / \$5 per class	5:15 – 5:45pm	7:00 – 7:30pm	4:30 – 5:00pm	7:00 – 7:30pm	3:45 – 4:15pm	5:45 – 6:15pm
<b>Homeschool Tumbling</b> Ages 5+ \$389.75 / \$55.67 monthly						2:15 – 3:15pm
<b>Parent &amp; Tot Class</b> Ages 0-5 Parent Participation Required \$8.50 / class					9:00 – 10:00pm	
<b>Open Gym</b> Sundays: \$5/member \$10/non-member Tot Open Gym: \$5 per child	12:15 – 1:45pm (Ages 6+)					

All prices include GST

\*Age based on age at start of program\*

### Tumbling Policies:

- Annual (Sept to Aug) registration fee of \$40 per athlete is required and is non-refundable. Cost includes annual Cheer Canada membership, BCCA membership, and Kamloops Cheerleading Society membership.
- 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). Written notice of withdraw must be received – can be emailed to [freezeathletics@gmail.com](mailto:freezeathletics@gmail.com) or handed in to front desk.
- When withdrawing, fee will be pro-rated and the balance will be refunded the following way:
  - 100% if refunding to account, 90% if refunding to cheque.
- Refund due to medical reason must be accompanied by a doctor's note.
- Class is once per week. Each athlete registered in tumbling programs can make up 3 regularly scheduled missed classes per year – contact [tumble.freeze@gmail.com](mailto:tumble.freeze@gmail.com) to set up make-up classes.

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

*Be a Part of our Passion*

[www.freezeathletics.com](http://www.freezeathletics.com)  
[freezeathletics@gmail.com](mailto:freezeathletics@gmail.com)  
250.851.4466



## Tumbling Class Descriptions & Requirements



Athletes are required to have mastered all prerequisite skills prior to moving to next tumbling level. Mastered means that the athlete can complete the skill on multiple separate days 95% of the time with excellent technique. If you are not sure which program your athlete fits into, please book a FREE assessment by emailing [tumble.freeze@gmail.com](mailto:tumble.freeze@gmail.com).

### Pre-Tumble (ages 3 – 5):

- A 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.

### Basic Tumble (ages 6 - 14):

- A program that will teach the basics of tumbling including rolls, handstands, bridges, body shapes and general awareness.
- *Prerequisite skills:* none

### Tumble 1 (ages 6+):

- A program that will build on the basics of tumbling including cartwheels, walkovers, limbers and handsprings.
- *Prerequisite skills:* front roll, back roll, standing fall to bridge, power hurdle, handstand

### Tumble 2 (ages 6+):

- A program that will teach and progress intermediate tumbling including handsprings, running tumbling and front tucks.
- *Prerequisite skills:* cartwheel, round off, back and front walkover, limber, cartwheel back walkover, boulder front/back handspring, front walkover cartwheel, back extension

### Tumble 3 (ages 7+):

- A program that will teach and progress intermediate tumbling including round off handspring tuck and front tumbling connections.
- *Prerequisite skills:* round off back handspring, front handspring to two feet, standing back handspring, front tuck, round off 3x back handspring, back tuck rollouts

### Tumble 4 (ages 7+):

- A program that will teach and progress advanced tumbling including round off handspring pike, standing back tuck, standing handspring tuck and front tumbling connections.
- *Prerequisite skills:* round off back handspring back tuck, round off back tuck, 2 step front tuck step out, front handspring front tuck dive roll

### Tumble 5 (ages 8+):

- A program that will teach and progress advanced tumbling including round off handspring layout, round off arabian, standing handspring to layout, round off back handspring full twist
- *Prerequisite skills:* round off back handspring pike, standing back tuck, standing two handspring to tuck, front tuck step out round off handspring

### Home School Tumbling (ages 5+):

- A program that will teach the basics of tumbling including rolls, handstands, bridges, body shapes and general awareness geared and scheduled for kids in the homeschool community.
- *Prerequisite skills:* none

### Parent & Tot Class (ages 0-5):

- A parent participation required class which will teach the beginning progressions of tumbling including body shapes, rolls, cartwheels, handstands and general body awareness geared towards a young audience (ages 2-3)
- A parent may register and attend with up to two kids, if an infant is in a carrier that athlete does not need to be registered

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### Private Lessons (ages 2.5+)

Private lessons are a great way to get one-on-one coaching time for a specific skill. Private lessons can be purchased by individuals or small groups to work on tumbling skills. Private lessons can be booked through Amilia online; choose private lessons and your coach and then pick a time that works for you! There is a 5 pack option which you can purchase through 'multipass' in Amilia.

**Cancellation of a private lesson** with more than 24 hours notice will see a refund credited to your account for the full amount. Cancellation with less than 24 hours notice or no-shows will be charged the full amount for the private lesson (unless you are able to find someone to fill your time slot). Please email [freezeathletics@gmail.com](mailto:freezeathletics@gmail.com) to cancel.

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**Freeze Athletics is closed on the following dates. There are also no regular practices on stunt clinic/choreo weekend.**

November 11

December 20-January 2

February 6-7 (comp)

February 13-15

March 6-7 (comp)

March 14-20

April 2-4 (open April 5)

April 9-11 (comp)

May 22-24

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