

## Summer 2019 Competitive Schedule



Evening programs will be running at Freeze Athletics for the following weeks:

<i>Week 1: June 3 – 6</i>	<i>Week 2: Jun 10 – 13</i>	<i>Week 3: June 17 – 20</i>
<i>Week 4: June 24 – 27</i>	<i>Week 5: July 8 – 11</i>	<i>Week 6: July 15 – 18</i>
<i>Week 7: July 22 – 25</i>	<i>Week 8: July 29 – Aug 1</i>	<i>Week 9: August 12 – 15</i>
	<i>Week 10: August 19 – 22</i>	



## Summer 2019 Team Practices

	Monday	Tuesday	Wednesday
<b>Tiny Icicles Level 1</b> <i>Ages 5 – 6</i> \$20.00/class or included in UNLIMITED PASS	5:00 – 6:30pm		
<b>Mini Flurry Level 1</b> <i>Ages 7 – 8</i> \$20.00/class or included in UNLIMITED PASS	5:00 – 6:30pm		
<b>Junior Snowstorm Level 1</b> <i>Ages 9 – 14</i> \$25.00/class or included in UNLIMITED PASS			5:00 – 7:00pm
<b>Open White Out Level TBA</b> <i>Ages 14+</i> \$25.00/class or included in UNLIMITED PASS			7:00 – 9:00pm
<b>Elite Level 2*</b> <i>Ages TBA</i> \$25.00/class or included in UNLIMITED PASS		5:00 – 7:00pm	
<b>Elite Level 3*</b> <i>Ages TBA</i> \$25.00/class or included in UNLIMITED PASS	7:00 – 9:00pm		
<b>Elite Level 4*</b> <i>Ages TBA</i> \$25.00/class or included in UNLIMITED PASS		7:00 – 9:00pm	

### UNLIMITED PASS INFO

This summer we are offering an UNLIMITED PASS to our summer training programs. Registering for the UNLIMITED PASS will give you access to the classes listed as UNLIMITED for no additional cost. That means your athlete can attend team practices, tumbling practices, drop-in, conditioning and jump classes for one low price. Once you register for your unlimited pass, you can pick your classes!

**June UNLIMITED - \$140**  
**July/Aug UNLIMITED - \$165**

**Prices include GST**

**Age determined by athlete's age on Aug. 31, 2019**

*\*Elite Level 2, 3, and 4 athletes are required to attend their team practices at least 7 of 10 weeks over the summer\**

### Summer Refund Policy:

- At least 10 days written notice must be given for withdrawal or change of days from individual days of summer training that have been registered for – last minute changes will not be refunded. Unlimited passes will not be refunded without a doctor's note.
- When withdrawing, fees 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.
- A registration/membership fee of \$10 is due for any athletes new to the program for the summer.

Costs listed are for a single week of training. See above schedule for training weeks. All competitive athletes wishing to participate in the 2019/20 season are expected to train with their appropriate team in the summer as much as possible.

**Register online starting April 15 at [www.freezeathletics.com](http://www.freezeathletics.com)**

## Summer 2019 Tumbling Programs

Training weeks listed on front

	Monday	Tuesday	Wednesday	Thursday
<b>Basic Tumble / Tumble 1</b> <i>Ages 5 – 18</i> \$15.00/class or included in UNLIMITED PASS		5:00 – 6:00pm		4:00 – 5:00pm
<b>Tumble 2 / Tumble 3</b> <i>Ages 6 - 18</i> \$15.00/class or included in UNLIMITED PASS			4:00 – 5:00pm	5:00 – 6:00pm
<b>Tumble 4 / Tumble 5</b> <i>Ages 8 - 18</i> \$15.00/class or included in UNLIMITED PASS	4:00 – 5:00pm			6:00 – 7:00pm
<b>Adult Tumble</b> <i>Ages 17+</i> \$12.47/class or \$105.99/summer	7:15 – 8:15pm			
<b>Jump Class</b> <i>Ages 5+</i> \$12.00/class or included in UNLIMITED PASS	6:30 – 7:15pm		6:15 – 7:00pm	
<b>Flyer Strength &amp; Flexibility</b> <i>Ages 5+ (flyers only)</i> \$12.47/class or \$105.99/summer		6:00 – 7:00pm	7:30 – 8:30pm	
<b>Conditioning</b> <i>Ages 7+</i> \$5.00/class or included in UNLIMITED PASS		4:30 – 5:00pm	5:45 – 6:15pm 7:00 – 7:30pm	
<b>Drop-In</b> <i>\$5 for members / \$10 for non-members</i> or included in UNLIMITED PASS				7:00 – 8:30pm

Prices include GST

Age determined by athlete's age on Aug. 31, 2019

### Basic Tumble (Ages 5+)

- A program for athletes who are new to tumble or those who need to work on rolls, cartwheels, handstands & walkovers.

### Tumble 1 (Ages 6+)

- Must have a fall to bridge, bridge kickover and strong round off.

### Tumble 2 (Ages 6+)

- Must have back walkover AND back handspring.

### Tumble 3 (Ages 7+)

- Must have **well developed** standing and running series back handsprings AND round off tuck.

### Tumble 4 (Ages 8+)

- Must have handspring series to tuck or standing back tuck and specialty running pass ending in back tuck.

### Tumble 5 (Ages 9+)

- Must have standing back tuck, series handspring to tuck and running round off back handspring layout.

### Adult Tumble (Ages 17+)

- A program that will focus on building strength, flexibility and the basics of tumbling including rolls, cartwheels, and handsprings. *Not included in the unlimited pass.*

### Jump Class (Ages 5+)

- This class will focus on drills and conditioning to improve jumps.

### Flyer Strength & Flexibility (Ages 5+)

- This class will focus on the strength and flexibility expected of flyers. Athletes must be a current flyer or were a flyer in the 2018-2019 season. *Not included in the unlimited pass.*

### Conditioning (Ages 7+)

- Athletes will work through a series of conditioning exercises designed to help improve their stunting and tumbling

### Drop-In (Ages 5+)

- An open gym time for athletes to work on their tumbling. A coach is present, however the program is not coach led.