



## Summer 2019 Schedule



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

Week 1: June 3 – 6

Week 2: Jun 10 – 13

Week 3: June 17 – 20

Week 4: June 24 – 27

Week 5: July 8 – 11

Week 6: July 15 – 18

Week 7: July 22 – 25

Week 8: July 29 – Aug 1

Week 9: August 12 – 15

Week 10: August 19 – 22

### Summer 2019 Recreational Programs

	Monday	Tuesday	Wednesday	Thursday
<b>Pre-Cheer</b> Ages 3 – 6 \$12.47/class or \$105.99/summer		4:00 – 5:00pm		
<b>Pre-Tumble 3/4</b> Ages 3 – 4 \$9.68/class or \$82.27/summer			5:00 – 5:45pm	4:00 – 4:45pm
<b>Pre-Tumble 4/5</b> Ages 4 – 5 \$9.68/class or \$82.27/summer	5:00 – 5:45pm			4:45 – 5:30pm
<b>Just Tumble</b> Ages 6-10 \$12.47/class or \$105.99/summer			4:00 – 5:00pm	
<b>Just Tumble</b> Ages 8 - 14 \$12.47/class or \$105.99/summer	6:00 – 7:00pm			
<b>Adult Tumble</b> Ages 17+ \$12.47/class or \$105.99/summer	7:15 – 8:15pm			
<b>Conditioning</b> Ages 7+ \$5/class or \$40/summer		4:30 – 5:00pm	5:45 – 6:15pm 7:00 – 7:30pm	
<b>Tot Drop-In</b> Ages 0-5 \$5 for members per drop-in \$10 for non-members	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <b>Register online starting April 15 at <a href="http://www.freezeathletics.com">www.freezeathletics.com</a></b> </div>			10:00 – 11:00am
<b>Drop-In</b> Ages 5+ \$5 for members per drop-in \$10 for non-members				7:00 – 8:30pm

Prices include GST

#### 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.
- 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 and is non-refundable.

Costs listed are for a single week of training or the entire summer of training (10 weeks). See above schedule for training weeks.

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*Be a Part of our Passion*

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## Summer 2019 Recreational Program Descriptions

### **Pre-Cheer (Ages 3 – 6)**

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

### **Pre-Tumble (Ages 3 – 4)**

- This program will focus on the core basics required for tumbling including fundamental movements, rolls and handstands. For ages 3-4 years.

### **Pre-Tumble (Ages 4 – 5)**

- This program will focus on the core basics required for tumbling including rolls, handstands and cartwheels. For ages 4-5 years.

### **Just Tumble (Ages 6-10)**

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

### **Just Tumble (Ages 8-14)**

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

### **Adult Tumble (Ages 17+)**

- A program that will focus on building strength, flexibility and the basics of tumbling including rolls, cartwheels, and handsprings.

### **Conditioning (Ages 7+)**

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

### **Tot Drop-In (Ages 0-5)**

- An open gym time for young children to explore the gym and begin using equipment. A coach is present, however the program is not coach led. Parent participation required. Maximum 2 children per adult

### **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.

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

How to register for programs:

1. Visit [www.freezeathletics.com](http://www.freezeathletics.com) and scroll down to "Register Here" and click
2. Click on "My Account" – then click on "create an account" (if you already have an account, just login)
3. Create an account for yourself (the parent/guardian) first, then add your child(ren)
4. Click the program you would like to register for (camps, summer recreational programs, etc.) and then find the class you would like to register for and follow the prompts to payment

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