

Summer 2021 Program Schedule



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

<i>Week 1: June 7 - 10</i>	<i>Week 2: Jun 14 – 17</i>	<i>Week 3: June 21 – 24</i>
<i>Week 4: July 5 – 8</i>	<i>Week 5: July 12 – 15</i>	<i>Week 6: July 19 – 22</i>
<i>Week 7: July 26 – 29</i>	<i>Week 8: August 9 – 12</i>	<i>Week 9: August 16 – 19</i>
	<i>Week 10: August 23 - 26</i>	



Summer 2021 Cheerleading Programs

	Monday	Tuesday	Wednesday	Thursday
Summer Cheer <i>Ages 6 – 10</i> \$31.00/class or \$241.50/summer				5:15 – 6:45pm
Summer Cheer <i>Ages 11 – 17</i> \$31.00/class or \$241.50/summer				6:00 – 7:30pm
Cold Snap Level 1* <i>Ages TBA</i> \$39.00/class or \$310.32/summer	5:00 – 7:00pm			
Blizzard Level 2* <i>Ages TBA</i> \$39.00/class or \$310.32/summer		5:15 – 7:15pm		
Shiver Level 3* <i>Ages TBA</i> \$39.00/class or \$310.32/summer		7:00 – 9:00pm		
White Out Level 4* <i>Ages TBA</i> \$39.00/class or \$310.32/summer			7:15 – 9:15pm	
Arctic Chill Level 5* <i>Ages TBA</i> \$39.00/class or \$310.32/summer	7:00 – 9:00pm	Athletes placed on Arctic Chill will be required to take a tumbling class as well as attend team practices during July and August.		
Flyer Strength & Flexibility <i>Ages 8 - adult</i> \$21.00/class or \$166.84/summer				6:00 – 7:00pm

Prices include GST

*Teams marked with an * are elite teams and require an invitation to participate in those programs.*

Team placements will occur from June 28 – 30.

Athletes should practice with their current team for June and will switch to their new team in July after team placements.

Elite athletes are required to attend their team practices at least 6 of 10 weeks over the summer

All competitive athletes wishing to participate in the 2021/22 season are expected to train with their appropriate team in the summer as much as possible.

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. **Full summer sessions 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.

Summer 2021 Tumbling Programs

Training weeks listed on front

	Monday	Tuesday	Wednesday	Thursday
Pre-Tumble 3/4 <i>Ages 3 – 4</i> \$18.00/class or \$139.19/summer	4:15 – 5:00pm	4:15 – 5:00pm		4:00 – 4:45pm
Pre-Tumble 4/5 <i>Ages 4 – 5</i> \$18.00/class or \$139.19/summer	4:00 – 4:45pm		4:30 – 5:15pm	5:00 – 5:45pm
Basic Tumble <i>Ages 6+ (must be going into grade 1)</i> \$21.00/class or \$166.84/summer	3:45 – 4:45pm 6:45 – 7:45pm	4:30 – 5:30pm	5:45 – 6:45pm	4:00 – 5:00pm
Tumble 1 <i>Ages 6+ (must be going into grade 1)</i> \$21.00/class or \$166.84/summer	5:00 – 6:00pm		3:30 – 4:30pm	4:15 – 5:15pm
Tumble 2 <i>Ages 7+</i> \$21.00/class or \$166.84/summer	6:15 – 7:15pm	5:15 – 6:15pm		
Tumble 3 <i>Ages 8+</i> \$21.00/class or \$166.84/summer		4:00 – 5:00pm	4:30 – 5:30pm	
Tumble 4 <i>Ages 8+</i> \$21.00/class or \$166.84/summer		5:45 – 6:45pm (combined with Tumble 5)	5:00 – 6:00pm	
Tumble 5 <i>Ages 8+</i> \$21.00/class or \$166.84/summer		5:45 – 6:45pm (combined with Tumble 4)	6:15 – 7:15pm	
Adult Tumble <i>Ages 16+</i> \$21.00/class or \$166.84/summer	7:45 – 8:45pm			
Conditioning Class <i>Ages 7+</i> \$11.00/class or \$83.42/summer				5:30 – 6:00pm
Jump Class <i>Ages 5+</i> \$11.00/class or \$83.42/summer		6:30 – 7:00pm		7:00 – 7:30pm
Open Gym <i>Ages 6+</i> \$5 for members / \$10 for non-members				7:30 – 9:00pm

Prices include GST

Leveled Tumble Classes (Ages 6+)

- See website for a description and pre-requisite skills for each level

Adult Tumble (Ages 16+)

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

Jump Class (Ages 5+)

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

Conditioning Class (Ages 7+)

- This class will focus on building strength and doing exercises to increase tumbling and stunting progressions.

Register online starting April 15 at www.freezeathletics.com