

2025 Spring/Summer Class Schedule

Rec Cheer is a separate program.

May 5-26

Unlimited Training - \$125, plus HST

Time	Monday	Tuesday	Wednesday	Thursday
5:30-6:15pm	Level 1 Tumbling	Level 1 Tumbling	Level 1 Tumbling	Level 1 Tumbling
6:20-6:40pm	Strength/Conditioning	Flyer Flexibility	Jumps	Jumps
6:40-7:00	Break	Break	Break	Break
7:00-7:45pm	Stunts	Stunts	Stunts	Stunts
7:50-8:35pm	Level 2 Tumbling	Level 2 Tumbling	Level 2 Tumbling	Level 2 Tumbling
8:40-9:00pm	Flyer Flexibility	Strength/Conditioning	Open Gym	Open Gym

Perfect preparation for assessments.

Mandatory for Level 2 and advanced teams.

Suggested for all other athletes.

Individual Assessments and Team Placement - No Classes

Time	Tuesday May 27	Wednesday May 28	Thursday May 29
5:30-7:30	Individual Assessments	Individual Assessments	Individual Assessments

Book an individual assessment for one of these nights.

June 2-26

Team Training Only - No Classes

Time	Monday	Tuesday	Wednesday	Thursday
5:30-7:30	Advanced, Int L2 Team Training	Advanced, Int L2 Team Training	Intermediate L1 Team Training - \$125, plus HST	Novice Team Training, \$125, plus HST

No regular classes.

All team athletes should attend.

Summer Classes The following classes are registered individually and are \$30, plus HST

Time	Monday July 7	Tuesday July 8	Wednesday July 9	Thursday July 10
All classes are 5:30-7:30	Level 1 Workshops	Level 2 Workshops	Flexibility/Strength, Jumps	Jumps, Strength, Stunts
	Monday July 14	Tuesday July 15	Wednesday July 16	Thursday July 17
	Jumps, Strength	Flexibility/Strength, Jumps	Level 2 Workshops	Level 1 Workshops
	Monday July 21	Tuesday July 22	Wednesday July 23	Thursday July 24
	Level 2 Workshops	Level 1 Workshops	Jumps, Strength	Flexibility/Strength, Jumps
	Monday July 28	Tuesday July 29	Wednesday July 30	Thursday July 31
	Flexibility/Strength, Jumps	Jumps, Strength	Level 1 Workshops	Level 2 Workshops
	Monday August 4	Tuesday August 5	Wednesday August 6	Thursday August 7
	Level 1 Workshops	Level 2 Workshops	Level 1 Workshops	Level 2 Workshops
	Monday August 11	Tuesday August 12	Wednesday August 13	Thursday August 14
	Level 2 Workshops	Level 1 Workshops	Level 2 Workshops	Level 1 Workshops

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