

Limelight Allstars

2026 Fall Recreational Cheerleading Schedule

Price \$395.00 plus HST

Dates Sep 14-Dec 6



**The Fall sessions includes a performance at our Showcase (here) on December 6.*

**There is no class on Saturday, October 10 - Thursday, October 15 for Thanksgiving.*

Description Recreational Cheerleading, Rec, is a 2-3 month course with a focus on fundamentals. Learn the ins and outs of allstar cheerleading without any major commitments. The session includes all training. A team T-shirt is available for all **new** members of rec.

What does the session look like?

Weeks 1-4	Learning stunt fundamentals, jumps & motions, tumbling to counts
Weeks 5-8	Learning specific parts of your routine and placing it to counts
Weeks 9+	Practicing the routine for performance.

Is attendance mandatory?

Although it is not mandatory, it is important to be at practice, especially the final few weeks.

Will I learn my cartwheel in rec cheer?

Rec is not a tumbling class, so we recommend tumbling class for that.

What should athletes wear to practice?

Comfy shorts or leggings, team shirt or any shirt or sports bra and indoor running shoes.

Our rec program is divided into age ranges. If you are outside the age range and wish to participate in a specific class, please contact us directly.

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
5:30-6:25pm	5:30-6:25pm	5:30-6:25pm	5:30-6:25pm	9:00-9:55am	10:00-10:55am
Ages 3-5	Ages 6-8	Ages 8-12	Ages 13+	Ages 8-12	Ages 6-8

Registration opens June 2, 2026

Contact Us

Limelight Allstars
7700 Keele St Unit 8A
Vaughan, ON L4K2A1

289-597-5463
cheer@limelightallstars.com
www.limelightallstars.com