

Summer 2026 Cheerleading Schedule



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

Week 1: May 25 – 28 Week 2: Jun 1 – 4 Week 3: June 8 – 11
Week 4: June 15 – 19 Week 5: June 22 – 25 Week 6: July 6 – 9
Week 7: July 13 – 16 Week 8: July 20 – 23 Week 9: July 27 – 30
Week 10: August 10 – 13 Week 11: August 17 – 20 Week 12: August 24 – 27

	Monday	Tuesday	Wednesday	Thursday
Summer Cheer <i>Ages 5 – 8</i> \$342.01/session		5:15-6:30pm		4:00-5:15pm
Summer Cheer <i>Ages 9 – 12</i> \$342.01/session				6:00-7:15pm
Novice Athlete Cheer <i>Ages 6-12</i> \$404.55/session	4:00-5:30pm			
Prep Athlete Cheer <i>*Team Placements Required*</i> \$404.55/session			4:00-5:30pm	
Whiteout <i>*Team Placements Required*</i> \$342.01/session		8:00-9:15pm		
Cold Snap <i>*Team Placements Required*</i> \$679.83/session	5:30-7:30pm			
Blizzard <i>*Team Placements Required*</i> \$679.83/session				6:30-8:30pm
Shiver <i>*Team Placements Required*</i> \$679.83/session			5:30-7:30pm	
Arctic Chill <i>*Team Placements Required*</i> \$881.06/session	7:30-9:30pm	8:00-9:15pm		

Prices include GST

- Teams marked with an * require an invitation to participate in those programs. These programs will open for registration on May 20, 2026. Team placements will occur May 7th, 11th and 12th
- Elite athletes are required to attend team practices at least 8 of 12 weeks over the summer plus a mandatory stunt clinic on June 12-14
- All Elite athletes will have a summer clinic fee included in program fees listed above
- All competitive athletes wishing to participate in the 2026/27 season are expected to train with their appropriate team in the summer as much as possible
- A registration/membership fee of \$20 is due for any athletes new to the program for the summer
- A Summer Payment Plan will be available and split into three equal payments
 - 1st Payment: At time of registration, 2nd Payment: June 10th, 3rd Payment: July 10th

Summer Refund Policy

- See other side. By registering you are agreeing to the refund policy.

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Be a Part of our Passion

www.freezeathletics.com
freezeathletics@gmail.com
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Summer 2026 Tumbling Programs



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

<i>Week 1: May 25 – 28</i>	<i>Week 2: Jun 1 – 4</i>	<i>Week 3: June 8 – 11</i>
<i>Week 4: June 15 – 19</i>	<i>Week 5: June 22 – 25</i>	<i>Week 6: July 6 – 9</i>
<i>Week 7: July 13 – 16</i>	<i>Week 8: July 20 – 23</i>	<i>Week 9: July 27 – 30</i>
<i>Week 10: August 10 – 13</i>	<i>Week 11: August 17 – 20</i>	<i>Week 12: August 24 – 27</i>

	Monday	Tuesday	Wednesday	Thursday
Tiny Tumblers <i>Ages 3 – 4</i> \$216.95 / session	4:00-4:45pm			
Mini Tumblers <i>Ages 4 – 5</i> \$216.95 / session		3:45-4:30pm	4:00-4:45pm	5:15-6:00pm
Tumble 1 <i>Ages 6+ (must be going into grade 1)</i> \$279.48 / session		4:15-5:15pm		
Tumble 2 <i>Ages 6+ (must be going into grade 1)</i> \$279.48 / session		4:30-5:30pm	5:30-6:30pm	
Tumble 3 <i>Ages 7+</i> \$279.48 / session			6:30-7:30pm	4:15-5:15pm
Tumble 4 <i>Ages 7+</i> \$279.48 / session	4:45-5:45pm	6:30-7:30pm		
Tumble 5 <i>Ages 8+</i> \$342.01 / session		5:30-6:45pm		5:15-6:30pm
Tumble 6/7 <i>Ages 8+</i> \$342.01 / session		6:15-7:30pm		
Teen Tumble <i>Ages 10-16</i> \$279.48 / session				7:15-8:15pm
Open Gym <i>Ages 7+</i> \$7.00 for members / \$15.00 for non-members			7:30-8:45pm	

Prices include GST

Summer Refund Policy:

- Refunds for summer evening programs are different than regular programs. Athletes registered in summer programs must give 14 days written notice of withdrawal. Written notice of withdraw must be received – can be emailed to freezeathletics@gmail.com or handed in to front desk. **No withdraws from summer programs after July 10, 2026.**
- When withdrawing, fees will be prorated 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 \$20 is due for any athletes new to the program for the summer.

Register online starting April 15 at www.freezeathletics.com