

Summer 2022 Program Schedule



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

| | | |
|----------------------|-------------------------|------------------------|
| Week 1: June 6 - 9 | Week 2: Jun 13 – 16 | Week 3: June 20 – 23 |
| Week 4: July 4 – 7 | Week 5: July 11 – 14 | Week 6: July 18 – 21 |
| Week 7: July 25 – 28 | Week 8: August 8 – 11 | Week 9: August 15 – 18 |
| | Week 10: August 22 - 25 | |



Summer 2022 Cheerleading Programs

| | Monday | Tuesday | Wednesday | Thursday |
|--|---------------|---|---------------------------|---------------|
| Summer Cheer <i>Ages 5 – 9</i> \$23.00/class or \$180.50/summer | | | 4:30-5:30pm (ages 5-9) | |
| Elite Level 1* <i>2012-2015</i> \$42.00/class or \$335.73/summer | 5:00 – 7:00pm | | | |
| Elite Level 2* <i>2006-2011</i> \$42.00/class or \$335.73/summer | | 6:00 – 8:00pm | | |
| Elite Level 4.2* <i>2008 and earlier</i> \$42.00/class or \$335.73/summer | | | | 7:00 – 9:00pm |
| Elite Level 5* <i>2008 and earlier</i> \$42.00/class or \$335.73/summer | 7:00 – 9:00pm | Athletes placed on Level 5 will be required to take a tumbling class as well as attend team practices during June, July and August. | | |

Prices include GST

*Teams marked with an * are elite teams and require an invitation to participate in those programs.
Team placements will occur from May 30th - June 1st.*

*Elite athletes are required to attend their team practices at least 6 of 10 weeks over the summer
Arctic Chill team members must attend at least 6 tumbling classes in addition to Cheer practices.*

All competitive athletes wishing to participate in the 2022/23 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 2022 Tumbling Programs

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

| | | |
|-----------------------------|--------------------------------|-------------------------------|
| <i>Week 1: June 6 - 9</i> | <i>Week 2: Jun 13 – 16</i> | <i>Week 3: June 20 – 23</i> |
| <i>Week 4: July 4 – 7</i> | <i>Week 5: July 11 – 14</i> | <i>Week 6: July 18 – 21</i> |
| <i>Week 7: July 25 – 28</i> | <i>Week 8: August 8 – 11</i> | <i>Week 9: August 15 – 18</i> |
| | <i>Week 10: August 22 - 25</i> | |

| | Monday | Tuesday | Wednesday | Thursday |
|--|---------------|---------------|---------------|---------------|
| Tiny Tumblers <i>Ages 3 – 4</i> \$18.00/class or \$140.11/summer | | | | 4:15 – 5:00pm |
| Mini Tumblers <i>Ages 4 – 5</i> \$18.00/class or \$140.11/summer | | 4:00 – 4:45pm | 4:15 – 5:00pm | 5:00 – 5:45pm |
| Tumble 1 <i>Ages 6+ (must be going into grade 1)</i> \$23.00/class or \$180.50/summer | 4:00 – 5:00pm | 4:30 – 5:30pm | | 5:00 – 6:00pm |
| Tumble 2 <i>Ages 6+</i> \$23.00/class or \$180.50/summer | | 4:45 – 5:45pm | | 4:00 – 5:00pm |
| Tumble 3 <i>Ages 7+</i> \$23.00/class or \$180.50/summer | | 5:45 – 6:45pm | | 4:00 – 5:00pm |
| Tumble 4 <i>Ages 7+</i> \$23.00/class or \$180.50/summer | | | 5:00 – 6:00pm | 5:45 – 6:45pm |
| Tumble 5 <i>Ages 8+</i> \$23.00/class or \$180.50/summer | | | 6:30 – 7:30pm | |
| Tumble 6 <i>Ages 8+</i> \$23.00/class or \$180.50/summer | | | 6:00 – 7:00pm | |
| Tumble 7 <i>Ages 8+</i> \$23.00/class or \$180.50/summer | | | | 6:15 – 7:15pm |
| 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

Open Gym

- Unstructured, supervised open gym

Register online starting April 1 at www.freezeathletics.com