

Summer 2025 Program Schedule



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

Week 1: June 2 – 5	Week 2: Jun 9 – 12	Week 3: June 16 – 19
Week 4: June 23 – 26	Week 5: July 7 – 10	Week 6: July 14 – 17
Week 7: July 21 – 24	Week 8: July 28 – 31	Week 9: August 11 – 14
Week 10: August 18 - 21		



Summer 2025 Cheerleading Programs

	Monday	Tuesday	Wednesday	Thursday
Summer Cheer <i>Ages 5 – 8</i> \$34.00/class or \$279.42/summer	5:15 – 6:30pm	4:00 – 5:15pm		
Summer Cheer <i>Ages 9 – 12</i> \$34.00/class or \$279.42/summer			5:45 – 7:00pm	
Novice/Prep* Athlete Cheer <i>Ages 6-12</i> \$39.00/class or \$330.51/summer				5:00 – 6:30pm
Team A (Elite) <i>*Team Placements Required*</i> \$49.00/class or \$424.70/summer	4:30 – 6:30pm			
Team B (Elite) <i>*Team Placements Required*</i> \$49.00/class or \$424.70/summer		5:30 – 7:30pm		
Team C (Elite) <i>*Team Placements Required*</i> \$49.00/class or \$424.70/summer			5:00 – 7:00pm	
Team D (Elite) <i>*Team Placements Required*</i> \$49.00/class or \$424.70/summer				5:30 – 7:30pm
Team E (Elite) <i>*Team Placements Required*</i> \$49.00/class or \$424.70/summer				7:30 - 9:30pm

Prices include GST

- Teams marked with an * require an invitation to participate in those programs. These programs will open for registration on May 28, 2025. Team placements will occur from May 20th to 22nd.
- Elite athletes are required to attend team practices at least 6 of 10 weeks over the summer plus a mandatory stunt clinic on June 13-15.
- Arctic Chill team members must attend 2 days per week, 1 tumbling and 1 team practice. AC also has a stunt/choreography clinic the evening of July 17th and morning of July 18th scheduled which is mandatory.
- All elite teams athletes will have a summer clinic fee in addition to program fees listed above.
 - Levels 1-2 fee: \$175
 - Level 3 fee: \$240
 - Worlds fee: \$375
- All competitive athletes wishing to participate in the 2025/26 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.

Refund Policy

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

Register online starting April 15 at www.freezeathletics.com



Summer 2025 Tumbling Programs



Evening programs will be running at Freeze Athletics for the following weeks:
 Week 1: June 2 – 5 Week 2: Jun 9 – 12 Week 3: June 16 – 19
 Week 4: June 23 – 26 Week 5: July 7 – 10 Week 6: July 14 – 17
 Week 7: July 21 – 24 Week 8: July 28 – 31 Week 9: August 11 – 14
 Week 10: August 18 - 21

	Monday	Tuesday	Wednesday	Thursday
Tiny Tumblers Ages 3 – 4 \$21.00/class or \$177.24/summer			4:15 – 5:00pm	
Mini Tumblers Ages 4 – 5 \$21.00/class or \$177.24/summer	3:45 – 4:30pm		5:00 – 5:45pm	
Tumble 1 Ages 6+ (must be going into grade 1) \$28.00/class or \$228.33/summer		5:15 – 6:15pm	4:00 – 5:00pm	
Tumble 2 Ages 6+ (must be going into grade 1) \$28.00/class or \$228.33/summer	6:30 – 7:30pm			4:00 – 5:00pm
Tumble 3 Ages 7+ \$28.00/class or \$228.33/summer	4:00 – 5:00pm			6:30 – 7:30pm
Tumble 4 Ages 7+ \$28.00/class or \$228.33/summer	6:45 – 7:45pm	6:15 – 7:15pm	7:00 – 8:00pm	
Tumble 5 Ages 8+ \$34.00/class or \$279.42/summer			7:00 – 8:15pm	4:00 – 5:15pm
Tumble 6/7 Ages 8+ \$34.00/class or \$279.42/summer		4:00 – 5:15pm		
AC Tumble Athletes placed on AC only \$34.00/class or \$279.42/summer		7:30-8:45pm		
Open Gym Ages 7+ \$7.00 for members / \$15.00 for non-members	7:45 – 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

Summer Refund Policy:

- At least 7 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 can only be cancelled within the first two weeks of the program start. No cancellations of summer session programs after June 15, 2025.
- 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/credit card.
- Refund due to medical reason must be accompanied by a doctor's note.