



Schedule is subject to change. Registration opens June 1, 2023.



## Tumbling Programs

Program runs September 5 to May 17 with registration ongoing all year

No attendance requirement • No competitions • Month to Month program • Choose one class per week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tiny Tumblers</b> Ages 3-4* \$573.93/ \$63.77 monthly	3:30-4:15pm	4:15-5:00pm	9:00-9:45am		3:00-3:45pm		
<b>Mini Tumblers</b> Ages 4-5* \$573.93/ \$63.77 monthly	2:15-3:00pm 4:15-5:00pm		3:15-4:00pm 5:00-5:45pm	3:15-4:00pm	3:15-4:00pm 3:45-4:30pm	4:30-5:15pm	
<b>Tumble Level 1</b> Born 2017 and before \$739.63/ \$82.19 monthly	2:30-3:30pm 4:00-5:00pm 5:15-6:15pm	3:30-4:30pm	5:45-6:45pm	3:30-4:30pm		4:30-5:30pm	
<b>Tumble Level 2</b> Born 2017 and before \$739.63/ \$82.19 monthly	3:00-4:00pm	3:15-4:15pm	4:00-5:00pm	5:30-6:30pm		5:30-6:30pm	
<b>Tumble Level 3</b> Born 2017 and before \$739.63/ \$82.19 monthly	6:15-7:15pm			4:30-5:30pm		5:45-6:45pm	
<b>Tumble Level 4</b> Born 2016 and before \$717.62/ \$79.74 monthly	2:45-3:45pm		3:30-4:30pm				
<b>Tumble Level 5</b> Born 2015 and before \$878.18/ \$97.58 monthly			4:30-5:45pm				
<b>Tumble Level 6/7</b> Born 2015 and before \$878.18/ \$97.58 monthly			6:15-7:30pm				
<b>Tumble Express</b> *invite only* \$717.62/ \$79.74 monthly			4:30-5:30pm				
<b>Adult Tumble</b> Born 2006 and before \$717.62/ \$79.74 monthly			8:00-9:00pm				
<b>Open Gym</b> Ages 6+: \$7/member \$15/non-member Ages 0-5: \$7 per child	1:00-2:30pm (ages 6+)						

All prices include GST

\*Age based on age at start date

### Tumbling Policies:

- Annual (Sept to Aug) registration fee of \$49 per athlete is required and is non-refundable. Cost includes annual Cheer Canada membership, BCSC membership, and insurance fee.
- Refunds for 9 month tumbling programs are different than session programs. Athletes registered in 9 month tumbling programs must give 1 month written notice of withdrawal prior to the first of the previous month (e.g. Written notice to withdraw as of March 1 must be given prior to February 1). Written notice of withdrawal must be received – can be emailed to [freezeathletics@gmail.com](mailto:freezeathletics@gmail.com) or handed in to front desk.
- When withdrawing, fee 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.
- Class is once per week. Each athlete registered in tumbling programs can make up 3 regularly scheduled missed classes per year – contact [freezeathletics@gmail.com](mailto:freezeathletics@gmail.com) to set up make-up classes.



# Tumbling Class Descriptions & Skill Requirements



Athletes are required to have mastered all prerequisite skills prior to moving to next tumbling level. Mastered means that the athlete can complete the skill on multiple separate days 95% of the time with excellent technique. If you are not sure which program your athlete fits into, please book a FREE assessment by emailing [freezeathletics@gmail.com](mailto:freezeathletics@gmail.com)

## **Tiny and Mini Tumblers (ages 3 – 5):**

- A program that will teach the beginning progressions of tumbling including body shapes, rolls, cartwheels, handstands and general body awareness. Split into a 3-4 year old (tiny tumblers) class and a 4-5 year old (mini tumblers) class.

## **Tumble 1 (Born 2017 and before):**

- A beginner program that will teach the basics of tumbling including rolls, handstands, bridges, body shapes and general awareness.

## **Tumble 2 (Born 2017 and before):**

- A program that will build on the basics of tumbling including well developed roundoffs, fall to bridge, skill combinations, power hurdles and handstand technique.
- *Prerequisite skills:* front roll, back roll, bridge with straight arms, beginner cartwheel and handstand, front and rear support.

## **Tumble 3 (Born 2017 and before):**

- A program that will teach and progress intermediate tumbling including front and back walkovers, and drills for handsprings.
- *Prerequisite skills:* round off, fall to bridge both ways, power hurdle, candle, handstand hold, backwards roll to front support.

## **Tumble 4 (Born 2016 and before):**

- A program that will teach and progress intermediate tumbling including round off handspring and standing handsprings, punch front tucks and front tumbling connections.
- *Prerequisite skills:* walkovers, boulder front and back handspring, roundoff scoop to back on mat, dive roll, roundoff block to height.

## **Tumble 5 (Born 2015 and before):**

- A program that will teach and progress advanced tumbling including series standing back handsprings, roundoff tuck and handspring tucks on the floor, punch front tuck on the floor.
- *Prerequisite skills:* roundoff and standing back handspring, roundoff back tuck rollouts on mat (fast track), front tuck (fast track), front handspring to two feet, front walkover roundoff handspring, handstand walks and pops.

## **Tumble 6 (Born 2015 and before):**

- A program that will teach and progress advanced tumbling including round off handspring layout, standing back tucks, standing series handsprings to tuck, punch front step outs.
- *Prerequisite skills:* series standing back handsprings (x3), roundoff handspring tuck, front tuck, front handspring front tuck (fast track), roundoff handspring series (x3).

## **Tumble 7 (Born 2015 and before):**

- A program that will teach and progress advanced tumbling including specialty layout passes, round off arabian, round off back handspring full twisting layout.
- *Prerequisite skills:* roundoff handspring layout, standing back tuck, standing 2 back handsprings to tuck, front tuck step out roundoff.

## **Tumble Express**

- Invite only

## **Private Lessons (ages 2.5+)**

Private lessons are a great way to get one-on-one coaching time for a specific skill. Private lessons can be purchased by individuals or small groups to work on tumbling skills. Private lessons can be booked through Amilia online; choose private lessons and your coach and then pick a time that works for you! There is a 5 pack option which you can purchase through 'multipass' in Amilia.

**Cancellation of a private lesson** with more than 24 hours notice will see a refund credited to your account for the full amount. Cancellation with less than 24 hours notice or no-shows will be charged the full amount for the private lesson (unless you are able to find someone to fill your time slot). Please email [freezeathletics@gmail.com](mailto:freezeathletics@gmail.com) to cancel.

**Freeze Athletics is closed on the following dates. There are no tumbling classes on the following dates.**

September 9-10	October 8-9	October 31	December 24-January 6	February 4
February 18-19	March 17-23	March 29-31	Apr 6-7	May 18-20