Schedule is subject to change. Registration opens June 15, 2026

Freeze Athletics Tumbling Programs 2026-2027

Program runs September 8 to April 30 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
Tiny Tumblers *Ages 3-4** $651.00/session $81.38/month	2:30-3:15pm			4:15-5:00pm		4:45-5:30pm
Mini Tumblers *Ages 4-5** $651.00/session $81.38/month	1:45-2:30pm 4:00-4:45pm		3:30-4:15pm 4:30-5:15pm	3:15-4:00pm	4:15-5:00pm	3:30-4:15pm
Tumble Level 1 *Born 2020 and before* $794.19/session $99.27/month	2:00-3:00pm				5:00-6:00pm	4:30-5:30pm
Tumble Level 2 *Born 2020 and before* $794.19/session $99.27/month	3:00-4:00pm	4:45-5:45pm		3:30-4:30pm		5:30-6:30pm
Tumble Level 3 *Born 2020 and before* $794.19/session $99.27/month	2:15-3:15pm	3:30-4:30pm	3:30-4:30pm	4:00-5:00pm		5:15-6:15pm
Tumble Level 4 *Born 2019 and before* $794.19/session $99.27/month		4:30-5:30pm		3:15-4:15pm		5:30-6:30pm
Tumble Level 5 *Born 2018 and before* $971.89/session $121.49/month		3:30-4:45pm			5:00-6:15pm	
Tumble Level 6 *Born 2018 and before* $971.89/session $121.49/month			7:00-8:15pm			
Teen Tumble *Ages 10-15* $794.19/session $99.27/month			7:00-8:00pm			
Open Gym *Ages 7+* $9 for members $15 for non-members	12:45-2:00pm					
Tot Open Gym *Ages 0-5:* $9 drop-in		9:15-10:15am		9:15-10:15am	9:15-10:15am	

All prices include GST

***Age based on age at start date**

Tumbling Policies:

- Annual (Sept to Aug) registration fee of $57 per athlete is required and is non-refundable. Cost includes annual Cheer Canada membership, BCSC membership, and insurance fee.
- Refunds for 8 month tumbling programs are different than session programs. Athletes registered in 8 month tumbling programs must give 30 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.
- 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 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

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 2020 and before):
- A beginner program that will teach the basics of tumbling including rolls, handstands, bridges, body shapes and general awareness.

Tumble 2 (Born 2020 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 2020 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 2019 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 2018 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 2018 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 2018 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.

Private Lessons (ages 3+)

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 Activity Messenger 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 as well.

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), this includes cancellation due to illness. Please email freezeathletics@gmail.com to cancel.

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

September 30 | October 11-12 | October 31 | November 11 | December 19-January 2 | January 15-17

February 14-15 | March 6-7 | March 14-19 | March 26-28 | April 3-4

#14-970 Laval Crescent
Kamloops BC, V2C 5P5

Be a Part of our Passion

www.freezeathletics.com
freezeathletics@gmail.com
250.851.4466