

## Summer 2023 Program Schedule



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

<i>Week 1: June 5 - 8</i>	<i>Week 2: Jun 12 – 15</i>	<i>Week 3: June 19 – 22</i>
<i>Week 4: June 26 - 29</i>	<i>Week 5: July 10 – 13</i>	<i>Week 6: July 17 – 20</i>
<i>Week 7: July 24 – 27</i>	<i>Week 8: July 31 – August 3</i>	<i>Week 9: August 14 – 17</i>
	<i>Week 10: August 21 - 24</i>	



### Summer 2023 Cheerleading Programs

	Monday	Tuesday	Wednesday	Thursday
<b>Summer Cheer</b> Ages 5 – 12 \$32.00/class or \$254.35/summer		5:00 – 6:15pm (ages 5-12)		
<b>Cold Snap Level 1</b> Born 2007-2012 <i>*Team Placements Required*</i> \$47.00/class or \$385.21/summer			7:30 – 9:30pm	
<b>Blizzard Level 2</b> Born 2011-2016 <i>*Team Placements Required*</i> \$47.00/class or \$385.21/summer			6:30 – 8:30pm	
<b>Shiver Level 3</b> Born 2007-2012 <i>*Team Placements Required*</i> \$47.00/class or \$385.21/summer				5:30 - 7:30pm
<b>Arctic Chill Level 5</b> Born 2008 or earlier <i>*Team Placements Required*</i> \$47.00/class or \$385.21/summer	Athletes placed on Level 5 will be required to take a tumbling class as well as team practices during June, July, and August.			7:30 - 9:30pm

**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 30<sup>th</sup> - June 1<sup>st</sup>.*

*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 after the start of the summer session.**
- 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 2023 Tumbling Programs

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

<i>Week 1: June 5 - 8</i>	<i>Week 2: Jun 12 – 15</i>	<i>Week 3: June 19 – 22</i>
<i>Week 4: June 26 - 29</i>	<i>Week 5: July 10 – 13</i>	<i>Week 6: July 17 – 20</i>
<i>Week 7: July 24 – 27</i>	<i>Week 8: July 31 – August 3</i>	<i>Week 9: August 14 – 17</i>
	<i>Week 10: August 21 - 24</i>	

	Monday	Tuesday	Wednesday	Thursday
<b>Tiny Tumblers</b> <i>Ages 3 – 4</i> \$20.00/class or \$160.76/summer				4:00 - 4:45pm
<b>Mini Tumblers</b> <i>Ages 4 – 5</i> \$20.00/class or \$160.76/summer		3:45 - 4:30pm	4:15 - 5:00pm	4:45 - 5:30pm
<b>Tumble 1</b> <i>Ages 6+ (must be going into grade 1)</i> \$26.00/class or \$207.10/summer		6:30 - 7:30pm	5:15 - 6:15pm	
<b>Tumble 2</b> <i>Ages 6+</i> \$26.00/class or \$207.10/summer		4:00 – 5:00pm		5:45 - 6:45pm
<b>Tumble 3</b> <i>Ages 7+</i> \$26.00/class or \$207.10/summer				4:15 - 5:15pm
<b>Tumble 4</b> <i>Ages 7+</i> \$26.00/class or \$207.10/summer		4:00 - 5:00pm 4:30 - 5:30pm		
<b>Tumble 5</b> <i>Ages 8+</i> \$32.00/class or \$254.35/summer		5:45 - 7:00pm		
<b>Tumble 6</b> <i>Ages 8+</i> \$32.00/class or \$254.35/summer			4:15 - 5:30pm	
<b>Tumble 7</b> <i>Ages 8+</i> \$32.00/class or \$254.35/summer			6:15 - 7:30pm	
<b>Open Gym</b> <i>Ages 6+</i> \$5.00 for members / \$10.00 for non-members		7:45 - 9:15pm		

**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](http://www.freezeathletics.com)**