# Tumbling and Recreation

| Class | Ages | Date and Time | Description |
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| Mini Tumbling | 8 and under | Mondays 5:00-6:00 PM | Learn the basics of tumbling, from front rolls all the way to walkovers! Develop foundational skills that will help with any sport – body awareness, flexibility, strength and safety. |
| Recreational Cheer | 8 and under | Wednesdays 5:00-6:00 PM | Learn the basics of cheerleading! The focus is on all areas of our sport, with the goal of building strong foundations and a passion for activity. Includes stunts, jumps, tumbling basics, and dance! |
| Level 1/2 Tumbling | 9 and up | Tuesdays 5:00-6:00 PM | Master the technique of your level 1/2 tumbling skills, or learn tumbling from scratch! This class is open to beginners and experienced athletes. We will develop strong foundations to help athletes advance into their next level skills! |
| Recreational Cheer | 9 and up | Thursdays 5:00-6:00 PM | Learn the basics of cheerleading! The focus is on all areas of our sport, with the goal of building strong foundations and a passion for activity. Includes stunts, jumps, tumbling basics, and dance! |

- Summer session runs for 13 weeks, starting June 4th and ending August 29th
- Cost for all classes is $225 + GST
- No experience necessary! We will teach you everything you need to know
- Classes are limited to 10 participants

# High Level Tumbling

| High Level Tumbling | 9 and up | Mondays 5:30-7:30 PM | Elite tumbling training with Eric. Must be working on level 3+ skills. Athletes will work to master their technique, and then push the limits of their skills. This is small group, specialized training - expect to work hard and be challenged! |
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- Class runs all season from June 3rd to April 20th, with the exception of stat holidays
- Class will be limited to 8 participants, on a first-come-first-serve basis. Registration will open at early-bird registration on May 13th
- Participants must be working level 3 or higher skills
- Cost for the class is $174.99/month. This can be added to team tuition costs and broken up over 6 payments. Punch passes cannot be used for this class