

C R A V E A T H L E T I C S

2023 Recreational Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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- 4:00
- 4:15
- 4:30
- 4:45
- 5:00
- 5:15
- 5:30
- 5:45
- 6:00




TUMBLING
Shapes + Walkovers
4:00 - 5:00 PM




SUGAR
Mini Novice
4:00 - 5:00 PM



CHEER45
Mini
4:15 - 5:00 PM



CHEER45
Youth
4:00 - 4:45 PM




CHEER45
Mini
4:00 - 4:45 PM

- 9:00
- 9:15
- 9:30
- 9:45



CHEER45
Tiny + Mini
9:15 - 10:00 AM



CHEER45
Youth
5:00 - 5:45 PM

REC AGE GRID
Age as of 31 Dec 2023
Class Age Group may vary slightly

TINY	5 - 6
MINI	6 - 8
YOUTH	8 - 11
SENIOR	11 - 18

Tumbling Classes are based on experience rather than age.



TUMBLING
Walkovers + Handsprings
5:00 - 6:00 PM

- 10:00
- 10:15
- 10:30
- 10:45



SPARKLE
Tiny Novice
10:00 - 11:00 AM

CHEER45 \$95 / Term
No Commitment

*In CHEER45, athletes learn the basic elements of all things CHEER:
Stunting, Tumbling, Jumping + more!*

STUNTING
Lift fellow teammates into the air.

TUMBLING
Perform hip-over-head acrobatic skills.

JUMPING
Explode off the ground with poise.

+ MORE

NOVICE TEAMS
SPARKLE - SUGAR - PEARL
\$195 - \$255 / Term
Uniform Costs Not Included
Multiple Term Commitment

Introduction to Competitive CHEER!
Create a routine using all the basic element of CHEER to compete against other teams at local "Competitions".


TUMBLING \$125 / Term
No Commitment

SHAPES
Focuses on important basic skills such as Rolls, Cartwheels and Kickovers!
*No Prerequisite Required

WALKOVERS
Focuses on important body shaping of Roundoffs, Handstands and Walkovers!
*Kickover Prerequisite Required

HANDSPRINGS
Focuses on the upskilling of Walkover Variations, & learning Handsprings!
*Walkover Prerequisite Required

- 11:00
- 11:15
- 11:30
- 11:45
- 12:00
- 12:15



PEARL
Senior Novice
11:00 - 12:30 AM

