

## RECREATIONAL CLASS TIMETABLE

<b><u>Term One:</u></b>	Saturday 27 <sup>th</sup> January – Saturday 23 <sup>rd</sup> March
<b><u>Duration:</u></b>	9 weeks
<b><u>Venue:</u></b>	Adrenalin Cheer & Dance, 8 McCulloch Street, North Mackay
<b><u>Wear:</u></b>	Anything you feel comfortable and can move freely in, joggers, hair tied back, no jewelry.
<b><u>Bring:</u></b>	A water bottle, sweat towel if you like and a great attitude!
<b><u>How:</u></b>	Our classes are drop off & pick up, kids have an airconditioned waiting room to sit in between classes if attending multiple (split) sessions.
<b><u>Parking:</u></b>	Do not park in front of <b>Tyres 2 U</b> or <b>Filtawash</b> as they have trucks loading on Saturdays.

### SATURDAY MORNINGS

#### Club Registration:

Is invoiced on registration and due prior to training at the club each. It is a one-off payment to participate in classes (also covers athlete insurance). 2024 club registration fee is \$110 per student for the year.

#### FairPlay vouchers:

Our club accepts FairPlay vouchers, please advise if wanting to use a voucher and send a copy to [adrenalincheer@bigpond.com](mailto:adrenalincheer@bigpond.com) for processing. Funds will be paid against student account once cleared.

<b>Classes on offer:</b>	<b>Time</b>	<b>Cost</b>	
<b><i>Cheerleading Class 1:</i></b> <i>Stunting, cheer jumps, dance &amp; motions, gymnastics drills – all the best stuff in cheer that we use in our sport! Perfect for beginners with no experience to intermediate students.</i>	<b>8.00 – 8.45am</b>	<b>\$135/Term</b>	
<b><i>Tiny Cheerleading Class:</i></b> <i>Stunting, cheer jumps, dance &amp; motions and basic gymnastics drills specific for younger learners.</i>	<b>8.45 – 9.15am</b>	<b>\$99/Term</b>	<b>(Ages 4-6yrs only)</b>
<b><i>Walkovers Skill Class:</i></b> <i>Skill specific class for development of strength and flexibility to learn forward &amp; backward walkovers.</i>	<b>8.45 – 9.15am</b>	<b>\$99/Term</b>	
<b><i>Cheerleading Class 2:</i></b> <i>Stunting, cheer jumps, dance &amp; motions, gymnastics drills – all the best stuff in cheer that we use in our sport! Perfect for beginners with no experience to intermediate students.</i>	<b>9.15 – 10am</b>	<b>\$135/Term</b>	<b>(All ages over 6)</b>
<b><i>Beginner Tumbling Class:</i></b> <i>Strength/flexibility work, drills and skill progressions from forward rolls to walkovers. Entry level class for students who have never tumbled before or only self-taught at home.</i>	<b>10 – 10.45am</b>	<b>\$135/Term</b>	<b>(All ages over 5)</b>