

RECREATIONAL CLASS TIMETABLE

Term Two:	Saturday 20 th April – Saturday 15 th June
Duration:	9 weeks
Venue:	Adrenalin Cheer & Dance, 8 McCulloch Street, North Mackay
Wear:	Anything you feel comfortable and can move freely in, joggers, hair tied back, no jewelry.
Bring:	A water bottle, sweat towel if you like and a great attitude!
How:	Our classes are drop off & pick up, kids have an airconditioned waiting room to sit in between classes if attending multiple (split) sessions.
Parking:	Do not park in front of Tyres 2 U or Filtawash 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 for processing. Funds will be paid against student account once cleared.

Classes on offer:	Time	Cost	
Cheerleading Class 1: <i>Stunting, cheer jumps, dance & 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>	8.00 – 8.45am	\$135/Term	
Tiny Cheerleading Class: <i>Stunting, cheer jumps, dance & motions and basic gymnastics drills specific for younger learners.</i>	8.45 – 9.15am	\$99/Term	(Ages 4-6yrs only)
Walkovers Skill Class: <i>Skill specific class for development of strength and flexibility to learn forward & backward walkovers.</i>	8.45 – 9.15am	\$99/Term	
Cheerleading Class 2: <i>Stunting, cheer jumps, dance & 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>	9.15 – 10am	\$135/Term	(All ages over 6)
Beginner Tumbling Class: <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>	10 – 10.45am	\$135/Term	(All ages over 5)