

RECREATIONAL CLASS TIMETABLE

Term Four:	Saturday 5 th October – Saturday 30 th November
Duration:	8 weeks (Sat 19 th October – no classes)
Venue:	Adrenalin Cheer & Dance, 8 McCulloch Street, North Mackay
Wear:	Anything you feel comfortable and can move freely in, joggers, hair tied back, no jewellery.
Bring:	A water bottle, sweat towel if you like
How:	Classes are drop off and pick up, and kids have airconditioned waiting rooms to sit in between classes if needed.
Parking:	Do not park in front of Tyre2U or Filtawash , as trucks load on Saturdays.

SATURDAY MORNINGS

Club Registration:

Is invoiced on registration and due prior to training at the club each year. 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. Term fee invoices will be emailed for payment prior to commencement of classes in Term 3.

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

Private Tumble/Flyer Classes

8.00 – 8.30 am

\$30/session private

Amber / Holly W / Jayda – 1 slot per coach per week. Recreational and competitive students are welcome to book a session with our coaches.

Tiny Cheer Class:

8.30 – 9 am

\$88.00/Term (Aged 4-6yrs only)

Stunting, cheer jumps, dance and motions and basic gymnastic drills specific for younger learners.

Walkovers Skill Class:

8.30 – 9 am

\$88/Term

Skill specific class for development of strength and flexibility to learn forward and backward walkovers.

Cheerleading Class:

9.00 – 9.45 am

\$120/Term

Stunting, cheer jumps, dance and motions, gymnastics drills – all the best stuff in cheer that we use in our sport! Perfect for beginners with no experience to intermediate students.

Beginner Tumbling Class:

9.45 – 10.30 am

\$120/Term

Strength, flexibility work, drills and skill progressions from forward rolls to walkovers. This is an entry-level class for students who have never tumbled before or who are only self-taught at home.