



# SUMMER SESSION SCHEDULE

SESSION 1: JUNE 3RD - JUNE 30TH

SESSION 2: JULY 6TH - JULY 30TH

CLASS TYPE	AGES	REQUIRED SKILLS	DAYS / TIMES
<b>Tiny Tumbling</b>	3 & 4	None (*Must be potty trained.)	<u>Tues.</u> 3:30-4:20
<b>Intro</b>	5 & Up	None	<u>Mon.</u> 3:30-4:25 / 5:30-6:25 <u>Tues.</u> 4:30-5:25 <u>Wed.</u> 3:30-4:25 / 4:30-5:25 <u>Thur.</u> 3:30-4:25 / 4:30-5:25
<b>Handsprings</b>	5 & Up	To enroll must be able to do <b>confidently</b> without a spotter: - One running pass (Ex. CW - BWO, FWO - RO, RO BHS) - One standing pass (Ex. BWO, BHS)	<u>Mon.</u> 3:30-4:25 / 4:30-5:25 <u>Tues.</u> 3:30-4:25 / 4:30-5:25 <u>Wed.</u> 3:30-4:25 / 4:30-5:25 <u>Thur.</u> 3:30-4:25 / 4:30-5:25
<b>Handsprings (11 &amp; Up)</b>	11 & Up	None	<u>Mon.</u> 5:30-6:25 <u>Wed.</u> 6:30-7:25
<b>Tucks &amp; Lays</b>	5 & Up	To enroll must be able to do <b>confidently</b> without a spotter: - Running pass (Ex. RO 3 BHS) - Standing pass (Ex. 3 consecutive BHS)	<u>Mon.</u> 3:30-4:25 / 4:30-5:25 / 6:30-7:25 <u>Tue.</u> 3:30-4:25 / 4:30-5:25 <u>Wed.</u> 3:30-4:25 / 4:30-5:25 / 5:30-6:25 <u>Thur.</u> 3:30-4:25
<b>Fulls</b>	Invite Only	2 running layout passes and 2 standing layout passes must be evaluated.	<u>Tues.</u> 6:30-7:25 (advanced fulls only) <u>Thur.</u> 4:30-5:25
<b>Doubles</b>	Invite Only	2 running full passes and 2 standing full passes must be evaluated.	<u>Tues.</u> 6:30-7:25 <u>Thur.</u> 6:30-7:25
<b>Boys Only Tumbling</b>	5 & Up	None	<u>Thur.</u> 5:30-6:25
<b>Stretch &amp; Jumps</b>	5 & Up	None	<u>Tues.</u> 5:30-6:25

## PRICING

(1) CLASS PER WEEK	(2) CLASSES PER WEEK	UNLIMITED PRICE @ 3:30
<b>\$80</b> Per Session (Choose 1 day & 1 time.)	<b>\$140</b> Per Session (Choose 2 days & 2 times.)	<b>\$200</b> Per Session (Attend all 4 days @ 3:30 for Handsprings or Tucks & Lays)

## CLASS FORMAT

- ★ Each class is 55 minutes long & will be set on a rotation between: standing tumbling, running tumbling, & jumps.
- ★ Athletes will need to arrive stretched & ready to go. Class will begin promptly at the the start time indicated.

## TUMBLING CLASS SKILL DESCRIPTION

- ★ Intro: : Cartwheels, Round-Offs, Backbend Kick Overs, Walkovers
- ★ Handsprings: Walkovers, Handsprings, Handspring Series
- ★ Tucks & Lays: Tucks, Layouts, Whips, Punch Fronts, & Fulls

## ENROLL ONLINE

**STEP 1:** Create an online cheer portal at [www.SouthCountySports.com](http://www.SouthCountySports.com)

**STEP 2:** Choose a skill level & enroll in a class

**STEP 3:** If you are a new SoCo member OR it has been (1) year since your start date, a \$35 membership fee will be charged upon enrollment

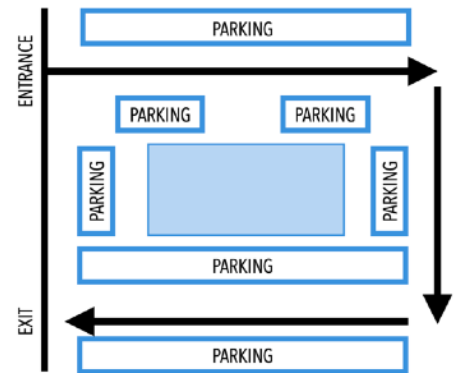
## CLASS ATTIRE

Athletes must wear the following items to all classes:

- ★ No jewelry
- ★ If wearing shoes, must be cheer shoes (okay to go barefoot if preferred)
- ★ Hair up away from the face
- ★ Bra top, tank, top, or leotard (\*If a t-shirt or tank is wore, they must have a sports bra underneath)
- ★ Shorts, leggings, tennis skirt, or leotard

## DROP OFF & PICKUP

- ★ Athletes can be dropped off no earlier than 15 minutes before class time.
- ★ Check-in with the iPad kiosk located at the front desk on the "cheer" side of the building.
- ★ Once athlete is checked in they may go straight into the gym area & begin to stretch/ warmup.
- ★ Athletes must stay behind the "red wall" on the black mat before class begins.
- ★ Athletes may bring water bottles & store in a cubby on the cheer side.
- ★ Parents will be able to watch the class from the viewing area located upstairs.
- ★ Please be on time for pickup. In case of an emergency & you will be late to pickup your athlete, please contact the front desk at 918-998-8060.
- ★ The parking lot is one way in, one way out. You can exit the parking lot by driving around the back of the building.



## POLICIES

- ★ **SoCo does not offer makeup classes.**
- ★ Upon enrollment, SoCo requires a card be put on file for the monthly tuition payments.
- ★ The monthly tuition is charged to your card on file on the 1st of each month. You will be emailed a receipt upon charging the card on file.
- ★ If an issue occurs with the card on file, you will instead be sent an email titled "CC Declined", & will have until 9am on the 5th to update your card on file. If the card is not updated by the 5th, you will be dropped from the class until the card is updated & risk losing your spot in the class.
- ★ If you need to drop from a class, please email us at [cheer@southcountysports.com](mailto:cheer@southcountysports.com). If you notify the office after the 1st of the month, you will still be charged for that current month.