

CLASS TYPE	AGES	REQUIRED SKILLS	DAYS / TIMES
Tiny Tumbling	3 & 4	None (*Must be potty trained.)	<u>Mon.</u> 3:30-4:20
Intro to Tumbling (Level 1)	5 & Up	None	<u>Mon.</u> 4:30-5:30 / 5:30-6:30 <u>Wed.</u> 5:30-6:30 <u>Thur.</u> 6:30-7:30
Levels 2-5	6 & Up	<u>Must be able to do confidently without a spotter:</u> -Cartwheel -Round Off -Back Bend Kickover	<u>Mon.</u> 3:30-4:30 / 4:30-5:30 <u>Tues.</u> 3:30-4:30 / 4:30-5:30 / 5:30-6:30 / 6:30-7:30 <u>Wed.</u> 3:30-4:30 / 4:30-5:30 <u>Thur.</u> 3:30-4:30 / 4:30-5:30 / 5:30-6:30 / 6:30-7:30

LEVELS 2-5 CLASS FORMAT:

1. SoCo tumbling is an all-inclusive class where athletes of all levels are brought into one large class that is then divided into smaller, level appropriate groups and are set on rotations between jumps, standing tumbling, & running tumbling.
2. Each rotation will last 25 minutes so that all athletes will get a full 60 minutes of tumbling.
3. Athletes will need to arrive stretched & ready to go. Class will begin promptly at the the start time indicated.

Level 6	Invite/ Evaluation Only	<u>Must be able to do without a spotter & proper form:</u> Standing: Back Tuck, Jump to Back Tuck, Two to Layout, & Two to full Running: Round Off Back Handspring Layout, Round Off Back Handspring Full, & Speciality Round Off Back Handspring Full	<u>Tues.</u> 6:30-7:30
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(1) CLASS PER WEEK	(2) CLASSES PER WEEK	UNLIMITED PRICE @ 3:30	UNLIMITED PRICE @ 4:30
\$75 Per Month (Choose 1 day & 1 time.)	\$130 Per Month (Choose 2 days & 2 times.)	\$150 Per Month (Attend all 4 days @ 3:30.)	\$150 Per Month (Attend all 4 days @ 4:30.)

ENROLL ONLINE

STEP 1: Create an online cheer portal at 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

CLOSED DATES

- * **FOURTH OF JULY:** JULY 4TH - JULY 10TH, 2022
- * **LABOR DAY:** SEPT. 5TH, 2022
- * **FALL BREAK:** OCT. 19TH-21ST, 2022
- * **HALLOWEEN:** OCT. 31ST, 2022
- * **THANKSGIVING:** NOV. 23RD-25TH, 2022
- * **WINTER BREAK:** DEC. 22ND, 2022 - JAN. 4TH, 2023
- * **SPRING BREAK:** MARCH 11TH-18TH, 2023