

SUMMER SCHEDULE

SESSION 1: JUNE 3RD - 28TH, 2024 / SESSION 2: JULY 8TH - AUGUST 1ST, 2024



CLASS TYPE	AGES	REQUIRED SKILLS	DAYS / TIMES
Tiny Tumbling	3 & 4	None (*Must be potty trained.)	<u>Tues.</u> 3:30-4:20 <u>Wed.</u> 10:00-10:50
Intro to Tumbling	5 & Up	None	<u>Mon.</u> 5:30-6:25 / 6:30-7:25 <u>Tues.</u> 4:30-5:25 <u>Wed.</u> 5:30-6:25 / 6:30-7:25 <u>Thur.</u> 3:30-4:25
Levels 1-5	5 & Up	<u>Must be able to do confidently without a spotter:</u> -Cartwheel -Round Off with a Solid Rebound -Backbend Kick Over	<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
Levels 1-2	5 & Up	<u>Must be able to do confidently without a spotter:</u> -Cartwheel -Round Off with a Solid Rebound -Backbend Kick Over	<u>Tues.</u> 5:30-6:25 <u>Wed.</u> 5:30-6:25
Levels 3-5	5 & Up	<u>Must be able to do confidently without a spotter:</u> -Series of (3) Back Handspring, Standing & Running	<u>Mon.</u> 6:30-7:25 <u>Thur.</u> 5:30-6:25
Elite 5	Invite Only	<u>Must be able to do confidently without a spotter:</u> -Standing: Back Handspring Series to Tuck, Jump to Back Handspring Series to Tuck -Running: Round Off Back Handspring Layout, Round Off Back Handspring Specialty to Layout	<u>Tues.</u> 6:30-7:25
Elite 6	Invite Only	<u>Must be able to do confidently without a spotter:</u> -Standing: Back Tuck, Jump to Back Tuck, & Two to Layout -Running: Round Off Back Handspring Layout, Round Off Back Handspring Full, & Speciality Round Off Back Handspring Full	<u>Thur.</u> 6:30-7:25
Flyer Stretch & Jumps	5 & Up	None	<u>Mon.</u> 4:30-5:25 <u>Thur.</u> 4:30-5:25

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.

(1) CLASS PER WEEK	(2) CLASSES PER WEEK	UNLIMITED LEVELS 1-5 PRICE @ 3:30	UNLIMITED LEVELS 1-5 PRICE @ 4:30
\$80 Per Session (Choose 1 day & 1 time.)	\$140 Per Session (Choose 2 days & 2 times.)	\$200 Per Session (Attend all 4 days @ 3:30.)	\$200 Per Session (Attend all 4 days @ 4:30.)

TUMBLING CLASS SKILL DESCRIPTION

- ★ Intro: Cartwheels, Round-Offs, Backbend Kick Overs
- ★ Levels 1-5: Walkovers, Handsprings, Handspring Series, Tucks, Layouts, Whips, Punch Fronts, & Fulls
- ★ Levels 1-2: Walkovers, Handsprings, & Handspring Series
- ★ Levels 3-5: Tucks, Layouts, Whips, Punch Fronts, & Fulls

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

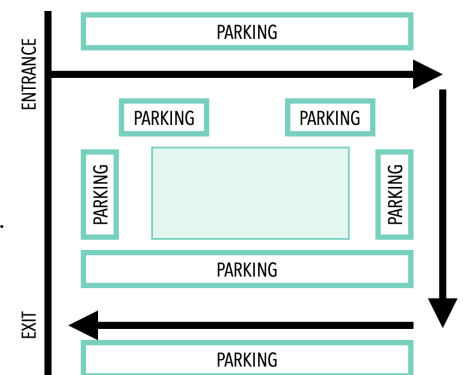
CLASS ATTIRE

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" 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 is 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. The only exception being if we have closed due to weather.
- ★ 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 our 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 notify the office. If you notify the office after the 1st of the month, you will still be charged for that current month.