

FCA 2026-2027 REC TUMBLING/ STUNT CLASS PACKET



FORGOTTEN COAST

A T H L E T I C S

CHEERLEADING  GYMNASTICS  TUMBLING

Thank you for your interest in Forgotten Coast Athletics – Rec Tumbling and Rec Cheer/Stunt. We look forward to the upcoming 2026-2027 season. Please take the time to read all the information contained in this packet. Understanding this information will help in ensuring a fun, successful, and efficient 2026-2027 season.



No Tryouts Required for Rec Classes!

No Special Uniforms/Practice Wear Required

Wear Something COMFORTABLE!

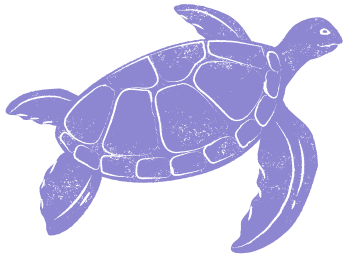
Shorts and Tee Shirt or a Leotard

Athletes need to wear CLEAN Shoes for Stunt/Cheer Class or Barefoot for Tumbling Classes. We provide cubbies at the front gym for all athletes belongings.

Please do not arrive for class more than 10 minutes early. Please be on time picking up athletes from class; late fees (\$10) will be applied to late pick ups!

INFORMATION

SCHEDULE



Tumbling Classes | \$70- Monthly

Monday

6:00-7:00- Beginner Tumbling

- This class is for all of our beginners, no experience required! Learning all Roll Variations, Hand-Stands, Back-Bends, Cart-Wheel and Round Offs!

6:00-7:00- Level 1 & 2 Tumbling

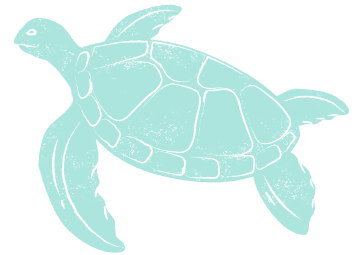
- Experience Required! This Class is for our athletes that have nailed the basics and are ready to learn Front / Back Walk-Over Variations and Front / Back Handspring!

Mommy and Me | \$40.00 Monthly

Tuesdays

6:30-7:15- Mommy and Me

- Our Mommy & Me class is a fun, interactive experience where little ones and their caregiver explore movement, music, and basic cheer skills together. It's the perfect way to build confidence, coordination, and special memories in a playful, supportive environment. Parent Required to attend and assist during class.



Cheer and Stunt Classes | \$70- Monthly

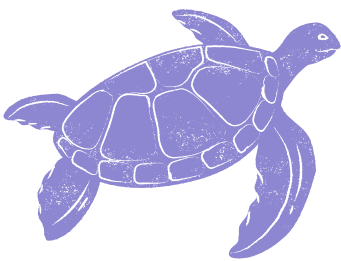
Thursdays

6:00-7:00 Intro to Cheerleading

- Our Introduction to Cheerleading class is the perfect place for beginners to build confidence while learning the fundamentals of cheer in a fun, positive, and encouraging environment. Athletes will develop basic motions, jumps, beginner stunts, tumbling skills, and teamwork while creating a strong foundation for future cheerleading success.

7:00-8:00- Stunt 101

- Stunt 101 introduces athletes to the fundamentals of cheer stunting in a safe and supportive environment. Participants will learn proper technique, body positions, communication, and basic partner and group stunts while building strength and confidence.

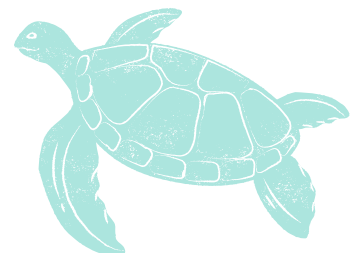


Stretch and Flex Classes | \$40- Monthly

Fridays | Class ENDS December 20th!

4:30-5:15- Stretch Class

- This class will teach you various techniques for flexibility training and improving your range of movement. It's a great opportunity to enhance your overall performance and gain a deeper understanding of your muscles during key stretches.



IMPORTANT DATES

August 5, 2026	FCA Open House and Registration
August 10, 2026	Start of Rec Classes
September 7, 2026	FCA Closed for Labor Day
October 12 & 13, 2026	FCA Closed for Fall Break
November 11, 2026	FCA Closed for Veterans Day
November 23-27, 2026	FCA Closed for Thanksgiving
Dec 21, 2026-Jan 4, 2027	FCA Closed for Christmas and New Years
January 18, 2027	FCA Closed for MLK Day
February 17, 2027	FCA Closed for President's Day
March 15-19, 2027	FCA Closed for Spring Break
March 26, 2027	FCA Closed for Easter
May 27, 2027	Last Day of Rec Classes

PAYMENT



FCA WILL ACCEPT THE FOLLOWING FORMS OF PAYMENT:

Credit Card or ACH –

Use the Online Shopping Cart through GoMotion:

<https://www.gomotionapp.com//team/flfca/page/class-registration>

Making sure the Athlete's account status is up to date is the responsibility of the parent/athlete.

Monthly tuition for 1 class (60 minutes once a week) is \$70.00 with a registration fee of \$40.00

2 classes for \$125.00 a month

3 classes for \$160.00 a month

Athletes WILL NOT be able to participate in class if payment has not been made.

Athlete's name will not be on the attendance sheet if the athlete is not registered for the class.

****3.9 PROCESSING FEE ON ALL TRANSACTIONS! *****

Monthly Payments are Due the 1st of the Month. If Payment is Not Received by the 10th, a late charge of \$30 Will Be Added to the Account.
