FCA 2026-2027
REC TUMBLING/ STUNT CLASS PACKET

FORGOTTEN COAST
ATHLETICS
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.



INFORMATION

No Tryouts Required for Rec Classes!

No Special Uniforms/Practice Wear Required

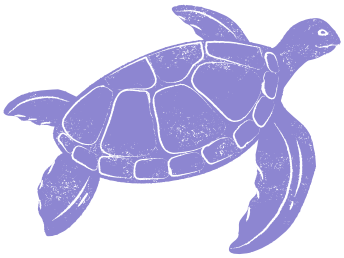
Wear Something COMFORTABLE!

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!

SCHEDULE



Tumbling Classes | $70- Montly

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

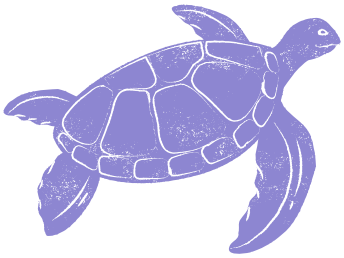
Tuesdays

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.

Tumbling Classes | $70- Monthly

Thursdays



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!

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**

FORGOTTEN COAST ATHLETICS
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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! *****

Forgotten Coast Athletics Cancellation Policy

To cancel a class registration, written notice must be submitted to Forgotten Coast Athletics. Cancellations will not be accepted verbally.

Monthly tuition is automatically charged to the card on file on the first day of each month. Tuition charges will continue until written cancellation notice is received. Refunds will not be issued for tuition charged before written notice was provided.
