

**2023-2024 SIGN-UP PACKET**

**WELCOME TO FCA**

**REC TUMBLING - REC GYMNASTICS**

Thank you for your interest in Forgotten Coast Athletics – Rec Tumbling and Rec Gymnastics. We look forward to the upcoming 2023-2024 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 2023-2024 season.

**IMPORTANT DATES**

August 1, 2023 Registration Begins

August 11, 2023 Open House

August 14, 2023 Classes Begin

September 4, 2023 FCA Closed for Labor Day

October 16 and 17 , 2023 FCA Closed for Fall Break

November 20- 24, 2023 FCA Closed for Thanksgiving

Dec 20, 2023 – Jan 3, 2024 FCA Closed for Christmas and New Years

January 15, 2024 FCA Closed for MLK Day

February 19, 2024 FCA Closed for President’s Day

March 18-22, 2024 FCA Closed for Spring Break

March 29, 2024 FCA Closed for Good Friday/ Easter

May 17, 2024 Last Day of Rec Season

**REC TUMBLING AND REC GYMNASTICS INFORMATION**

No Tryouts Required

See “Proposed Class Schedule” Section for Classes Offered

No Special Uniforms/Practice Wear Required

Wear Something COMFORTABLE

Shorts and Tee Shirt

Leotard

Athletes Wear CLEAN Shoes (Rec Tumbling). Barefoot (Rec Gymnastics)

**PAYMENTS**

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

Athlete 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.

**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**](https://www.gomotionapp.com//team/flfca/page/class-registration)

**PROPOSED CLASS SCHEDULE**

**(Limited to 20 Tumbling Athletes and 20 Gymnastics Athletes Per Class)**

|  |  |  |
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| Tumbling Intermediate (Level 1) | Monday | 4:00pm-5:00pm |
| Tumbling Beginners | Monday | 5:00pm-6:00pm |
| Gymnastics Beginners | Thursday | 5:00pm-6:00pm |
| Gymnastics Advanced | Thursday | 6:00pm-7:00pm |