



★TUMBLING★

LIL' FLIPPERS TUMBLING • \$65 / 45 Minutes

For ages 3-4. Forward rolls, backward rolls, handstands, cartwheels, walkovers, strength, coordination, and flexibility.

MINI TUMBLERS • \$75 / 55 Minutes

For ages 5-6. Forward rolls, backward rolls, handstands, cartwheels, walkovers, strength, coordination, and flexibility.

ADVANCED MINI TUMBLERS • \$75 / 55 Minutes

For ages 5-6. Round-offs, hollow handstands, walkovers, strength, flexibility, coordination, and introduces back handsprings.

TUMBLING 1 • \$75 / 55 Minutes

Forward rolls, backward rolls, handstands, cartwheels, bridges, kick overs, strength, coordination, and flexibility.

TUMBLING 2 • \$75 / 55 Minutes

Round-offs, handstands, walkovers, round-off rebounds, back handspring introduction, strength, coordination, and flexibility.

TUMBLING 3 • \$75 / 55 Minutes

Front and back handsprings with proper technique. They will begin working on round-off back handsprings and series.

TUMBLING 3 BACKHANDSPRINGS • \$45 / 30 Minutes

Standing back handsprings, drills, stretching, and spotted tumbling.

*Athletes need to currently be enrolled in a Tumbling 3 class.

TUMBLING 4 • \$75 / 55 Minutes

Aerials, back tucks, combinations into tucks, and punch fronts.

TUMBLING 4 TUCKS • \$45 / 30 Minutes

Standing back tucks and connecting jumps with back tucks. Drills, stretching, and spotted tumbling is included. *Athletes need to currently be enrolled in a Tumbling 4 class.

TUMBLING 5 • \$75 / 55 Minutes

Layouts, punch front passes, whips and combinations into layouts.

TUMBLING ELITE • \$75-\$95 / 55-85 Minutes

Twisting skills. Students will work on fulls, arabians in passes, and other elite level twisting skills.

★SPECIALTY TUMBLING ★

BOYS TUMBLING Beginner-Advanced • \$75 / 55 Minutes

The all boys tumbling classes are divided by age and ability level. This class utilizes the in-ground trampoline, tumble track, double mini trampoline and the spring floor. Beginner classes teach Tumbling 1-2 skills. Intermediate and Advanced classes teach the Tumbling 3-5 Skills.

ACRO TUMBLING • \$75 / 55 Minutes

Designed for intermediate to advanced dance acrobats. Aerial skills (front and side), handstand skills, elbow stands, contortion tricks, and intermediate to advanced tumbling skills. Prerequisites: must have T1 and T2 skills.

★CHEERLEADING★

MINI CHEER PREP • \$75 / 55 Minutes

For beginner to intermediate students ages 4-7. Motions, jumps, voice projection, cheer, and dance. This is a great class for those athletes who are preparing for cheer teams.

CHEER PREP & ADVANCED CHEER PREP • \$75 / 55 Minutes

For beginner to advanced students ages 8-18. Motions, jumps, voice projection, stunting, cheer, and dance. This is a great class for those athletes who are preparing for competitive or school cheer teams.

CHEER TRYOUT PREP • \$75 / 55 Minutes

For beginner to advance students, ages 11-18, who would like to prepare for school or all-star cheer tryouts. This class focuses on combining motions, jumps, voice projection, and entrances with spirit, cheers and dancing. Classes are grouped by age and ability level.

CHEER JUMPS • \$45 / 25 Minutes

For beginner to advanced cheerleaders who would like to improve their jumps, working on drills, exercises and stretching. Great for those athletes who are preparing for cheerleading tryouts.



CHEERLEADING FLYERS PREP • \$45 / 25 Minutes

For beginner to intermediate cheerleaders who would like to learn how to fly or improve their flying skills. Drills, exercises, stretching and body positions will be taught.

STUNT CLASS • \$95 / 55 Minutes

This class is for Intermediate to Elite cheerleaders. Athletes will use drills and actual stunting to perfect a variety of stunts and tosses. *Coach permission is necessary prior to enrollment.

ALL-STAR CHEER TEAMS • See Info Packet for Pricing

The All-Star Teams are for ages 4-18. Our practice and competition season runs from May-April of each year. SCA offers Exhibition, All-Star Prep, and Elite Teams. For more information on practice schedules and pricing, please ask for an Information Packet at the front desk.

★ SPECIAL NEEDS ★

STARS CHEER TEAM • See Info Packet for Pricing

STARS is our Special Needs All-Star Cheerleading team for girls and boys ages 8 and up. This team runs August-April of each year. We accept students with an intellectual and/or minor physical disability who would love to cheer and/or dance. All-Star Cheer offers friends, fun, music, dancing, cheering, and the opportunity to perform.

SPECIAL NEEDS TUMBLING • \$35 / 25 Minutes

This 30-minute class is a great addition to the cheerleading team or taken by itself. Tumbling skills will be taught based on each individual athlete's skills and needs.

★ OPEN GYM/MAKE-UPS 6-7 PM ★

\$10 per person / Make-up classes \$0

FRIDAYS 6-7 PM (All levels make-up class)

For tumblers ages 3-18. Open Gym separates all athletes into groups by age and ability level to create structured tumbling classes.

★ FRIDAY NIGHT OUT (FNO) 7-11 PM ★

\$25 per person / Early Registration Discounts!

Join us for 4 hours of tumbling, games, inflatables and fun!

Includes 2 slices of pizza and a bottle of water. Please check the online calendar for dates and themes.

*Athletes new to SCA are required to fill out our online waiver, prior to arriving, in order to participate.



★ PRESCHOOL ★

LIL' FLIPPERS PRESCHOOL (Ages 3-5) 9:00 a.m.-2 p.m.

August-May:

\$235 monthly – 2 days per week Monday and Wednesday

\$305 monthly – 3 days per week Monday, Wednesday and Friday

\$50 Supply Fee due in August and January

Friday Drop-in: \$25 current students/\$30 new students

At Lil' Flippers Preschool our goals are to have every child flourish physically, mentally, spiritually and socially. Tumbling class is an exciting way for students to learn basic gross and fine motor skills. SCA uses curriculum to communicate Biblical truths and academic principles through creative use of centers. Music, snack, lunch, and naptime are also a part of their scheduled day.

★ BIRTHDAY PARTIES ★

\$200-\$390/Depending on Party Size & Included Activities

Our special events staff will help you with your entire party! We will unload your car, help you with setting up, lead the party with some exciting gym activities, serve the cake and refreshments, and load your car back up. The best thing is we do ALL THE CLEANUP!

★ F.A.Q ★

1. How do I register?

Please go to www.springcreekathletics.com to register online.

2. Do you require a registration fee?

Yes, we have a \$50 yearly registration fee, per family, due each April 1st.

3. How many students are in our classes?

Lil' Flippers are 7 to 1 ratio of students to teacher. All Mini Tumblers and School Age classes are 8 to 1 ratio.

4. What kind of certifications and training do our coaches have?

All SCA head coaches are USAG Safety Certified, USASF Credentialed, and ARC CPR and First Aid Certified. They also attend the USASF Coaches Conference and other training seminars annually.

5. Are there any discounts for families?

At SCA, you only pay full price for the first class. Each additional class is \$10 off. Whether you have multiple children or one child in multiple classes, this applies to you. You can also earn Referral credits by telling your friends and neighbors about SCA.

6. When can my child advance to the next tumbling level?

It is essential that an athlete be able to perform skills with proper technique on each level before advancing to levels that are more difficult. Parents will be notified when your athlete is ready to be evaluated by your coach. You will then schedule the evaluation at the SCA Front Desk.

★ FNO SPIRIT NIGHTS ★

Raise money for your school or club!

Plan an easy fundraising event during our Friday Night Out program.

The more kids from your organization that attend, the more money you can make! Participants must say they are with your organization when they register to get credit. Email info@springcreekathletics.com to schedule your event!

★ SCOUTS, FIELD TRIPS & TEAM EVENTS ★

\$8-\$14 per person / \$50 per hour, 1 hour minimum

We would love to host your group at our facility! Participants ages 2-18 will have the opportunity to experience all that the gym has to offer. SCA has credentialed and highly trained staff, in our state-of-the-art facility. Your event will consist of a variety of activities. Trampolines, rope swing, tumbling, foam pit, air-trak, giant slide, team bonding and games are just a few of your choices.



Spring Creek Athletics is a proud member and certified gym of the United States All-Star Federation, as well as the USA Gymnastics. Both organizations provided safety education and insurance for our coaches and staff.