

Free Clinic Enrollment

- Create account (if new) at www.americanspiritathletics.com and enroll through parent portal.
- Only the FREE classes are active in the system. Select class.
- One clinic per student. Classes are co-ed.
- If preferred clinic is full, you may enroll as "wait" list.
- Space is limited, once enrolled if you cannot attend, please let us know in advance.
- We will follow the cohort guidelines for these training clinics. Due to being outside, the Parent Tot/Super Tot clinics must have one parent participant per student.

COVID Safety

- All participants must wear face coverings to and from clinics and during any breaks.
- Nonparticipants must not enter clinic area and must maintain 6' social distance.
- Entrance and exit information will be sent prior to clinic.
- All participants **must** have personalized water bottle.
- All participants will utilize hand sanitizer stations prior to entering class and upon exit.
- All participants **should** utilize restrooms prior to the start of class as we are training outdoors with minimal facilities available.
- Equipment will be properly sanitized in between classes.
- Students may bring a yoga mat or towel for some floor work.
- Participants not feeling well or experiencing any illness symptoms must refrain from participation.
- Cheerleaders will not stunt with fellow participants, but stunt drill stations will be set up.
- All participants should arrive on time and must be picked up immediately after class.

Class Attire

- As we are training outside, we are adjusting the requirements. Clothing should be fitted and not loose. Leotards, shorts, yoga pants/fitted sweatpants, fitted (tucked in) t-shirt, light weight secure sneakers.
- No hoodies or attire with strings, zippers/loose materials, no jeans, or street clothes.
- No jewelry.
- Hair secured up.

Policy and Operational Evolution

- Policies and operations may evolve as changing requirements are disseminated from MCAGCC/MAGTFTC county, state, and national authorities.
- Participants must follow all safety guidelines to participate.
- Information subject to change.

On base-MCAGCC/MAGTFTC

Location Felix Field (end zone near restrooms)

Classes	Age	Class length	Monday Jan 25	Tuesday Jan 26	Wednesday Jan 27	Saturday Feb 13
FREE Parent tot/Super tot	18 mos-4yrs	45 min	12-12:45pm 1-1:45pm	2:00-2:45pm		
FREE Gymnastics	5-8yrs	60 min	2:00-3:00pm 3:00-4:00pm	3:00-4:00pm 4:00-5:00pm		
FREE Gymnastics	9yrs+	90 min	4:00-5:30pm			
FREE Cheerleading	5-8yrs	90 min			2:30-4:00pm	
FREE Cheerleading	9+	90 min			4:00-5:30pm	
FREE Dance Combo	18mos-4yrs	45 min				9:15-10:00am
FREE Dance Combo	5-8yrs	45 min				10:15-11:00am
FREE Dance Combo	9+	55 min				11:15-12:10pm

Cheerleading will cover various aspects of cheer including tumbling.

Dance classes will combine elements various styles infused together. Fun/energetic. Fun/energetic moves including hip hop, contemporary and ballet. Co-ed appropriate

Off Base-City of 29 Palms Parks and Recreation

Location outside near racquetball courts (Lucky Park area)

Classes	Age	Class length	Saturday Feb 20
FREE Dance Combo	18mos-4yrs	45min	9:15-10:00am
FREE Dance Combo	5-8yrs	45min	10:15-11:00am
FREE Dance Combo	9+	55 min	11:15-12:10pm

Dance classes will combine elements various styles infused together. Fun/energetic moves including hip hop, contemporary and ballet. Co-ed appropriate