

# Welcome to Kardio Kidz USA! Please fill out Registration and Liability Releases

1st Student's name: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

2nd Student's name: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

3rd Student's name: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Home phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Is it ok to send messages via Text?

Mother's Name: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact and Relationship:

\_\_\_\_\_

Emergency Contact Phone

Number: \_\_\_\_\_

How do you plan to get your child to class?

Are you willing to carpool?

**Class Requested:** (You will be contacted with confirmation of your child's class days and times)

1st Child/Class/location \_\_\_\_\_

2nd Child/Class/location \_\_\_\_\_

3rd Child/Class/location \_\_\_\_\_

Please indicate how you heard about Kardio Kidz USA:  
Facebook , Yellow pages, Website, Friend  
(Who \_\_\_\_\_), Flyer (Where \_\_\_\_\_)

**For Office use only:**

- Date: \_\_\_\_\_
  - Payment Preference type: \_\_\_\_\_
  - Credit Card on file
  - Payment agreement signed
  - Waiver Signed
  - Concussion Policy Signed
  - Today's total \$ \_\_\_\_\_
  - Balance (or payment amount): \$ \_\_\_\_\_ Due: \_\_\_\_\_
  - Change of class during season by special permission only.
  - Notes: \_\_\_\_\_
  - Changes to contract during season  
\$ \_\_\_\_\_ New Tuition
  - New term \_\_\_\_\_  Date of change \_\_\_\_\_
  - Why change was made \_\_\_\_\_
  - Form of Communication \_\_\_\_\_
- \*If students progress to the next level or make any changes during the Season, these must be approved my administration and are subject to additional charges. By initially below you agree in advance to make changes with administrators via email and/or other forms of communication and allow said admin to alter the original contract. This will help keep your fees low if changes need to be made and are requested by the coaches or admin at Kardio Kidz USA. If payment information changes or you would like to request any changes to this contract a minimum of 30 day notice is required but does not guarantee changes can be made. No changes can be made within 45 days of a performance unless approved in writing by the director.
- Initial \_\_\_\_\_

\*\* Please declare any physical problems or restrictions (including those of adults who are participating with or without a child) and list any mental or special custody situations that would be important for us to be aware of:

Child's Physician: \_\_\_\_\_

Phone: \_\_\_\_\_

Restrictions: \_\_\_\_\_

**Please complete the release and waiver of liability form and concussion policy attached to this form.  
Please email registration to [kardiokidzusa@gmail.com](mailto:kardiokidzusa@gmail.com) or contact Mindy 801-807-8817  
For current classes, schedules and prices visit: [kardiokidzusa.weebly.com](http://kardiokidzusa.weebly.com) or call 801-807-8817**

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

I am the participant or the parent and/or legal guardian of the following named minor child ("Minor")

\_\_\_\_\_ [printed name(s) of Participant(s)]

In consideration of the participant participating in the Activity with Kardio Kidz USA (whether the Activity is conducted at a Kardio Kidz USA locations or is sponsored by Kardio Kid USA), I hereby acknowledge and represent that I know there are general dangers inherent in the Activity, I am aware of such general dangers inherent in the Activity and I understand them. In addition, I hereby acknowledge and represent that I am aware of the specific nature of the Activity and that I understand the specific dangers associated with the Activity. Further, I have asked questions about and received answers regarding the Activity so that I know about the general dangers inherent in the Activity and the specific nature of the Activity so that I understand the general dangers inherent in the Activity and those associated with its specific nature. I am aware of the participant's experience and capabilities, and hereby acknowledge and represent that the participant is qualified, in good health, and in proper physical condition to participate in the Activity. I am voluntarily exposing the participant to the general danger inherent in the Activity and to the dangers associated with the specific nature of the Activity, and I understand that the participant's participation in the Activity exposes the participant to the general dangers inherent to the activity and exposes the participant to the dangers associated with the specific nature of the Activity. I further acknowledge that if I believe conditions are unsafe for the conduct of and/or the Minor's participation in the Activity, I will immediately discontinue the participant's participation in the Activity.

I am fully aware of and understand that the general dangers inherent in the Activity and the specific nature of the Activity involve the risk of **SERIOUS BODILY INJURY TO THE PARTICIPANT, INCLUDING, BUT NOT LIMITED TO, TEMPORARY DISABILITY, PERMANENT DISABILITY, PARALYSIS AND/OR DEATH**, all of which may be caused by the participant's own actions or inactions, the actions or inactions of others participating in the Activity or events conducted in connection with the Activity, the conditions under which the Activity takes place, or the negligence of the "RELEASEES" named below. Further, I am aware of and understand that there may be other risks known to and understood by me that are associated with the Activity, which are not readily foreseeable at this time and which may cause **SERIOUS BODILY INJURY TO THE PARTICIPANT, INCLUDING, BUT NOT LIMITED TO, TEMPORARY DISABILITY, PERMANENT DISABILITY, PARALYSIS AND DEATH** due to the participant's participation in the Activity; and, on behalf of the participant, I fully accept and assume all such risks and all responsibility for losses, cost, expenses and damages incur on the participant's account or behalf as a result of the participant's participation in the Activity.

I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE AND WAIVE LIABILITY OF Kardio Kidz USA, its respective directors, officers, administrators, employees, agents and volunteers, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the Activity takes place, (each considered and defined to be one of the "RELEASEES" herein) from all liability, claims, demands, losses, damages, costs and expenses, incurred on the participant's account or behalf caused or alleged to be caused in whole or in part by the negligence of the "RELEASEES" or otherwise, including negligent rescue operations; and, further, agree that if, despite this Release, Waiver of Liability, and Assumption of Risk Agreement, I, the participant, or anyone acting on my behalf or the participant's behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, cost or expense, including reasonable attorneys fees, which they or any one of them may incur as the result of such claim.

I have read this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement ("Agreement") and understand that I have given up substantial rights, including substantial rights held by or exercisable on behalf of the participant, by signing this Agreement. I have signed this Agreement freely and without inducement by or assurance of any nature from Kardio Kidz USA, and I intend this Agreement to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that this Agreement shall be governed by the laws of the State of Utah, and agree that if any portion of this Agreement is held to be invalid the balance of this Agreement shall continue in full force and effect.

**MARKETING RELEASE:** I understand that my child's likeness may be used in Kardio Kidz USA ads, promotional videos, website material, or various other marketing. These images will be used for Kardio Kidz USA' purposes only, and will not be given or sold to outside companies or individuals.

**Payments:** I authorize Kardio Kidz to charge my credit card on file the amount owed on the 1st of the month payment is due throughout the full year session, whether or not myself or my children are able to attend classes. No refunds.

**PARTICIPANT/ PARENT AND/OR GUARDIAN OF MINOR:**

PRINTED NAME of Parent and/or Legal Guardian \_\_\_\_\_

SIGNATURE of Parent and/or Legal Guardian \_\_\_\_\_ Date: \_\_\_\_\_

Minors agree to abide by Rules, Policies and Waiver. They also agree to practice, follow instructions, and be safe.

PRINTED NAME OR NAMES OF MINORS: \_\_\_\_\_

SIGNATURE OF MINOR OR MINORS : \_\_\_\_\_

## Kardio Kidz USA CONCUSSION AND HEAD INJURY POLICY

In compliance with House Bill 204 – “Protection of Athletes with Head Injuries Act”; Kardio Kidz USA has implemented the policy below which requires adherence by all coaches, volunteers, parents, legal guardians, participants, and agents of Kardio Kidz USA.

### General Concussion Description

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and even death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious.

Symptoms and signs of concussions (see traumatic head injury below) may show up right after the injury or can take hours or days to fully appear. If your athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. You cannot see a concussion and most sports concussions occur without loss of consciousness.

### Nature and Risk

A concussion or a traumatic head injury; and continuing to participate in a sporting event after sustaining a concussion or a traumatic head injury can leave the athlete vulnerable to greater injury or death. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first. This can lead to prolonged recovery, or even severe brain swelling with devastating and even fatal consequences.

### Policy Requirements

If Kardio Kidz USA, its agents, coaches, volunteers, parents or legal guardians suspects an athlete (a child who is under the age of 18) of sustaining a concussion or traumatic head injury while participating in a sporting event; the athlete shall be removed immediately. Upon removal of athlete suspected of sustaining concussion or a traumatic head injury, a written medical clearance from a qualified health care provider is required before the athlete can return to participate in any sporting event.

1) “Qualified Health Care Provider” means a health care provider who: (a) is licensed under Title 58, Occupations and Professions; (b) may evaluate and manage a concussion within the health care provider’s scope of practice; and (c) within three years before the day on which the written statement is made, have successfully completed a continuing education course in the evaluation and management of a concussion.

2) “Sporting event” means any of the following athletic activities that is organized, operated, managed, or sponsored by Kardio Kidz USA, such as: a game, a practice, a clinic, a sports camp, an educational class, a competition, or a tryout.

3) “Traumatic head injury” means an injury to the head arising from blunt trauma, an acceleration force, or a deceleration force, with one of the following observed or self-reported conditions attributable to the injury: (a) transient confusion, disorientation, or impaired consciousness, (b) dysfunction of memory, (c) loss of consciousness, or (d) signs of other neurological or neuropsychological dysfunction, including: (i) seizures, (ii) irritability, (iii) lethargy, (iv) vomiting, (v) headache, (vi) dizziness, or (vii) fatigue.

### Concussion Action Plan

What should a parent and/or legal guardian do when a concussion is suspected?

1. Report the suspicion to the coach:
  - a. Look for the symptoms and signs of a concussion (see traumatic head injury above)
  - b. When in doubt, remove the athlete from play
2. Ensure that the athlete is evaluated right away:
  - a. Do not try to judge the severity yourself, get assistance from a qualified Health Care Professional as soon as possible
3. Allow athlete to return to play only with permission from a qualified Health Care Provider:
  - a. Repeated concussion prior to recovery can increase the likelihood of further problems
4. Both coach and parent should record the following:
  - a. The cause of the head injury and with what force
  - b. Any loss of consciousness and for how long
  - c. Any memory loss immediately after the injury
  - d. Any seizures immediately after the injury
  - e. Any other pertinent information you may think will help the Health Care Provider

### Acknowledgement

After reading Kardio Kidz USA’s Concussion and Head Injury Policy; I understand what a concussion is, have been informed on how to recognize the signs and symptoms and agree to abide by the policy. I understand if my athlete is suspected of having a concussion, he/she will be removed from the sporting event and will not be permitted to continue participating in any upcoming sporting events until a qualified Health Care Professional has determined it to be safe. I will provide Kardio Kidz USA with a written statement by a qualified Health Care Professional acknowledging the athlete is cleared to resume participation. Within this statement the provider must acknowledge he/she has successfully completed a continuing education course in the evaluation and management of a concussion within three years before the day on which the written statement was made.

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Signature of a parent or legal guardian of the athlete Date

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Print Name (parent or legal guardian) Athlete’s Name (Please Print)

**Payment & Registration check list:**  New or Returning Student**REGISTRATION:**

- Registration Fee \_\_\_\_\_ \$ \_\_\_\_\_  
 Discounts (Early or Referral) \_\_\_\_\_ - \_\_\_\_\_  
 TOTAL Registration \_\_\_\_\_ =\$ \_\_\_\_\_

1<sup>st</sup> class Regular price, addition classes 10% off \$ \_\_\_\_\_

**PERFORMANCE FEES:**

- Recital Fee: None \$0 \_\_\_\_\_  
 Competition Fees \$ \_\_\_\_\_  
 TOTAL Performance fees =\$ \_\_\_\_\_

**DONATIONS:**

- Costume Donation: +\$ \_\_\_\_\_  
 (Dance/Cheer Students usually donate between \$15-35 per season to help provide fun costumes that can be reused by the studio: This helps with the purchase of costumes, design, cleaning costs, and additional props to make the performances fun. By donating you help keep this and future performance cost low.)

Other Donation: +\$ \_\_\_\_\_

Type \_\_\_\_\_

(Booster Club, Gymnathon, Equipment, etc. Making periodic donations can help keep future costs low, supports our Summer practice program, and can help less fortunate families benefit from training).

TOTAL DONATIONS: =\$ \_\_\_\_\_

**TUITION:****Practice and Performance clothes:**

- KARDIO KIDZ USA WEAR \$ \_\_\_\_\_ Style \_\_\_\_\_ Size: \_\_\_\_\_  
 LEOTARD \$ \_\_\_\_\_ Style \_\_\_\_\_ Size \_\_\_\_\_ Color: \_\_\_\_\_  
 Shorts \$ \_\_\_\_\_ Style \_\_\_\_\_ Size \_\_\_\_\_ Color: \_\_\_\_\_  
 Footwear \$ \_\_\_\_\_ Style \_\_\_\_\_ Size \_\_\_\_\_ Color: \_\_\_\_\_  
 Shipping +\$ \_\_\_\_\_  
 Tax +\$ \_\_\_\_\_  
 TOTAL clothes =\$ \_\_\_\_\_

**GRAND TOTAL**

TOTAL AT REGISTRATION \$ \_\_\_\_\_

AMOUNT PAID AT REGISTRATION \$ \_\_\_\_\_

(Due at Registration is Registration fee and 1<sup>st</sup> month tuition)

BALANCE \$ \_\_\_\_\_

NEXT PAYMENT \$ \_\_\_\_\_ DUE ON \_\_\_\_\_ TERM OF CONTRACT \_\_\_\_\_

Circle one:

Full Year (12 months)/School Year (9 months)/Summer (2 months)/other (Private lesson, open gym, etc): (Type : \_\_\_\_\_)

Payment options circle one: Monthly /Quarterly/Biannual/ Season paid in full

(Payments will be charged for the duration of the contract.)

**PAYMENT INFORMATION:**

Payment preference Type: PP/CC/Cash/Check # \_\_\_\_\_)

Name on the Account \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

EXP: \_\_\_\_\_ CVV: \_\_\_\_\_ ZIP: \_\_\_\_\_

\*Registration fee is \$25.00 for the 1<sup>st</sup> student & \$10 per additional student enrolled from the same family.

+Multi-class discount is 10% off per additional class enrolled in.

By signing this agreement you agree that you will pay for classes for the period indicated, whether or not you or your children attend classes. No Refunds or Cancellations.

Payments are due on the 1<sup>st</sup> day of the month, and late if not received by the 10<sup>th</sup>. Credit card is required to be kept on file, or an advanced month or tuition. Credit card is the preferred method of payment, but Checks and Cash are also accepted. Make checks out to KARDIO KIDZ USA and mail to 819 E 650 S Santaquin, or make an appointment with Mindy Sherrow for payment. If making payment any other way besides credit card, payments must be received before the 1<sup>st</sup> of the month. Registration fee and monthly tuition is due at registration. Next payment will be due on the 1<sup>st</sup> of the following month. When receiving the Early Registration special, you agree to pay tuition early each month (1 month in advance). This will help you take advantage of the savings offered during the next Early Registration promotion. Any balance still owing at the end of the season will be charged to credit card on file. If you would like to make other payment arrangements, you agree to contact Kardio Kidz USA admin prior to 30 days of when payment is due.

Payments must be made directly to Director (Mindy Sherrow [kardiokidzusa@gmail.com](mailto:kardiokidzusa@gmail.com) or 801-807-8817), and not handed in or turned into coaches. If other arrangements for payment are made then the payment is required before the 1<sup>st</sup> of the month. If payment is declined a late fee will be added to the account. By selecting this payment plan option you authorize Kardio Kidz USA to charge the credit card on file the amount due on the 1<sup>st</sup> of the month it is due. A \$10 late charge will be charged after the 10<sup>th</sup> of the month, if the account is not paid on time. A fee of \$25.00 will be charged for all returned checks. Payment must be received for Registration to be complete. Payment holds students spot in the class. No refunds.

X \_\_\_\_\_ Date: \_\_\_\_\_

Below is more information about our program and registration:

We teach Fitness, Zumba, gymnastics, dance, stunting and cheer for students of all ages! Our youngest student is 13 months; we have classes for children, teens and even adults!

We have excellent coaches with great experience. I myself have been involved in Gymnastics, Cheer and Dance my whole life and have excellent training. I have trained with world class coaches and National and World Champions! I have also won 1st place ranks at competition as well! All of our coaches are excellent!

You can learn more about us at

[kardiokidzusa.weebly.com](http://kardiokidzusa.weebly.com)

For current schedules click below:

<http://kardiokidzusa.weebly.com/class-schedules.html>

Here is a fun video clip from some of our classes:

<https://www.magisto.com/int/album/video/fysxRU4AEI0veyMEDmEwCXx3?l=vsm&o=a&c=m>

Visit <http://kardiokidzusa.weebly.com/about-us.html> to learn more details about classes.

Class Schedules: <http://kardiokidzusa.weebly.com/class-schedules.html>

For tuition prices and ways to save see: <http://kardiokidzusa.weebly.com/registration-info.html>

Below is basic Registration instructions.

To register click: <http://kardio-kidz-backend.glitch.me/registration> or fill out this paper form.

Click on this link if the files did not load: <http://kardiokidzusa.weebly.com/registration-info.html>

The easiest way to complete registration is fill out online form or to email back the completed form. For registration to be complete payment will also need to be received. Credit card (Visa, Mastercard, or Discover) is the preferred method of payment. (If you prefer to give credit card information over the phone, call Mindy at [801-807-8817](tel:801-807-8817)). Enrollment is FCFS, spots in class are not guaranteed, paid registrations received 1st will have priority in requested classes. Please indicate preferred class on registration form. Classes are filling up fast, so make sure to get the registration filled out and returned as promptly as possible, if you have a preference of which class you want to enroll in. If you have questions about class availability, pricing or the registration process, please feel free to contact me. (Registrations need to be emailed or returned directly to Mindy Sherrow, not to coaches. This helps keep the classroom a safe environment and focused on instruction, not paperwork. Thank you. )

If paying with credit card the registration fee and 1st months' tuition is due at registration. Bulk payments receive a discount, contact us if you have questions.

For dance and cheer students we are requesting a costume donation, that can be paid anytime this season. The suggested donation amount is \$15-65.

For all students we are requesting a performance donation that can be paid anytime this season. The suggested donation amount is \$10-30.

See below FAQ for what to wear to practices & performances and to answer many commonly asked questions.

If you would like to order leotards, Kardio Kidz Tshirt, shorts, tights, dance or cheer shoes, please indicate on registration form. These purchases help support our performances.

For more information on Gymnathon and Open Gyms please see:

<http://kardiokidzusa.weebly.com/new-summer-gymathon.html>

Let me know if you have any questions. We would love to work with your kidz this year.

Thank you,

Mindy Sherrow

Director

Kardio Kidz USA

[kardiokidzusa@gmail.com](mailto:kardiokidzusa@gmail.com)

[Kardiokidzusa.weebly.com](http://kardiokidzusa.weebly.com)

Phone: [801-807-8817](tel:801-807-8817)

Facebook Page: Kardio Kidz USA

<https://www.facebook.com/Kardio-Kidz-USA-464924310236757/> <---Click here to add us on Facebook!

For our FAQ click on the link below:

<http://kardiokidzusa.weebly.com/contact-us.html>

To get text messages from us with updates and promotions please text 385-695-6152 with the message @kk4usa

For currently enrolled students to get text messages from us with updates please text 385-695-6152 with the message @kkusa2020

## Our Theme this year is KARDIO KIDZ USA into the WILD!

See below for our traditional Black Leotard, shirts and Kardio Kidz wear. We've also added some fun WILD costume options for gymnasts this year who really want to wear a costume. These can be worn to optional dress up days as well. No costume is required. Students are requested to wear Kardio Kidz Leotard (girls) and a Kardio Kidz shirt and/or black fitted shirt (boys) for performances. This year we are allowing some fun alternatives for those gymnasts who desire an opportunity to dress up.

For **Dance and Cheer** we request a donation to help provide costumes for these kidz to wear over their Kardio Kidz leotards. Costumes purchased with donations will stay with the company.

**Please note:** Any Kardio Kidz wear you purchase now or in the past can be worn to performances.

**New Athletic Gear can be found starting on Page 12.**

**REMEMBER:** All purchases made through Kardio Kidz USA towards clothing and shoes help supplement our costume/performing fund. Thank you for your support!

## *Sale on Active Wear throughout September 30!*

### **Deadlines:**

Please have all orders in by **November 31** if you want to guarantee Christmas delivery.

To guarantee delivery by our January Performances, please have orders in by **December 15**.

To guarantee delivery by our May Performances, please have orders in by **March 30**.

To guarantee delivery for our summer performance please have orders in by **June 30**.

\*Please note: Kardio Kidz USA Around the World Printed items will be printed just prior to performance dates and delivered prior to performance regardless of order date.

See All Sizing recommendations starting on Page \_\_

To help afford all the fun accessories that kidz love to have for class we will still offer our **Gold**, **Silver** and **Bronze** activewear packages to help you save up to 40% off and help get students to help get them outfitted for the season. You will save the most by purchasing a package. There are also great choices available for individual purchase, if you don't need a whole package.

Remember Birthdays and holidays are a great time to give your child a gift by getting them a new leo, shirt, shorts or anything activewear.

To order leotards, biketards, or other clothing options indicate size & quantity on registration form, or Call Mindy at 801-807-8817. Basic Cap Sleeve & Camisole Leotards, shorts, biketards, dance/cheer shoes, tights, shirts, sweats and more available in XSC to ASL.

See below for more options.

See All Sizing recommendations below

# Buy a package to get Huge Savings!

Purchase everything you need in one of our packages and save!

We are offering 3 levels: **Gold**, **Silver** and **Bronze**.

**Bronze Base Package**  
Great for getting started  
and for Minis or Gymnasts

Retail  
\$144.97  
Package price 127  
Aug Sale  
97

**Girlz:**

Kardio Kidz USA printed  
Leotard  
Kardio Kidz USA printed  
T-shirt  
Scunchie  
Kardio Kidz USA water bottle  
with personalization  
Kardio Kidz USA bag with  
personalization

**Boyz:**

Kardio Kidz USA printed  
T-shirt  
Kardio Kidz USA printed  
Shorts  
Sweatband  
Kardio Kidz USA water bottle  
with personalization  
Kardio Kidz USA bag with  
personalization

**Bronze Ballerina**

Retail  
\$209.97  
Package price 187  
Aug Sale  
157

Everything in the Bronze  
Base Package plus 2 Pairs of  
tights (Girlz) or 1 pair of  
leggings (Boyz) &  
Basic ballet shoes.

**Bronze Dancer**  
Retail  
\$202.97  
Package price 185  
Aug Sale  
152

Everything in the Bronze  
base Package plus 2 pair of  
tights or 1 pair of leggings &  
Mesh ½ sole lyrical shoes.

**Bronze Spirit**  
Great for Hip Hop, Cheer, or  
Parkour

Retail  
\$179.97  
Package price 162  
Aug Sale  
132

Everything in the Bronze  
Base Package plus 1 pair of  
tights , 1 Pair of socks &  
Canvas shoes.

**Bronze Combo**  
Great for students in  
multiple dance, tumbling,  
and cheer classes

Retail  
\$228.97  
Package price 211  
Aug Sale  
174

Everything in the Bronze  
Base Package plus 2 pairs of  
tights or 1 pair of leggings;  
Pair of socks; ballet or Mesh  
½ sole lyrical shoe; & Canvas  
shoes.

**Silver Base Package**  
Great for Minis or  
Gymnasts  
Retail  
\$301.97  
Package price 284  
Aug Sale  
268

Everything in the Bronze  
Base Package plus Solid  
Metallic Leo/biketards, Tutu  
Dress, or Kardio Kidz USA  
Sweatshirt; headband or  
sweatband; and Kardio Kidz  
USA sweatpants, fitted shorts  
or leggings.  
Plus get 1 printed item  
personalized.

**Silver Ballerina**

Retail  
\$321.97  
Package price 304  
Aug Sale  
287

Everything in the Bronze  
Ballerina Package plus Tutu  
or Kardio Kidz USA  
Sweatshirt; headband or  
sweatband; and Kardio Kidz  
USA sweatpants or leggings.  
Plus get 1 printed item  
personalized.

**Silver Dancer**

Retail  
\$328.97  
Package price 311  
Aug Sale  
295

Everything in the Bronze  
Dancer Package plus Tutu or  
Kardio Kidz USA Sweatshirt;  
-upgrade to ½ sole lyrical  
shoe, headband or  
sweatband, and Kardio Kidz  
USA sweatpants, fitted shorts  
or leggings.  
Plus get 1 printed item  
personalized.

**Silver Spirit**  
Great for Hip Hop, Cheer, or Parkour

Retail

\$320.97

Package price 303

Aug Sale

292

Everything in the Bronze Spirit Package plus Tutu or Cardio Kidz USA Sweatshirt; -upgrade to Silver Sneaker shoe or Fierce Feats Flare Tumbling Shoe; headband or sweatband; and Cardio Kidz USA sweatpants, fitted shorts or leggings. Plus get 1 printed item personalized.

**Silver Combo**

Retail

\$352.97

Package price 337

Aug Sale

300

Everything in the Bronze Combo Package plus Tutu or Cardio Kidz USA Sweatshirt; -upgrade to Silver Sneaker; headband or sweatband; and Cardio Kidz USA sweatpants, fitted shorts or leggings. Plus get 1 printed item personalized.

**Gold Base Package**  
Great for Minis or Gymnasts

Retail

\$369.97

Package price 364

Aug Sale

357

Everything in the Silver Base Package plus Cardio Kidz USA Rally Towel. -Can Upgrade to: USA Metallic Leo/biketard, -Performance shirt, -Hoodie and/or -Team Cardio Kidz USA Duffle bag. Plus -upgrade 1 item for embroidery.

**Gold Ballerina**

Retail

\$422.97

Package price 398

Aug Sale

367

Everything in the Silver Ballerina Package plus Cardio Kidz USA Rally Towel; -can Upgrade to: -split sole ballet shoe, -Team Cardio Kidz USA Hoodie, -Performance shirt, and/or -Duffle bag. Plus -upgrade 1 item for embroidery.

**Gold Dancer**

Retail

\$449.97

Package price 422

Aug Sale

397

Everything in the Silver Dancer Package plus Cardio Kidz USA Rally Towel; -Can

Upgrade to: -CRYSTAL FOOTUNDEEZ, -Team Cardio Kidz USA Hoodie, -Performance shirt, and/or -Duffle bag. Plus -upgrade 1 item for embroidery.

**Gold Spirit**

Retail

\$454.97

Package price 428

Aug Sale

407

Everything in the Silver Spirit Package plus Cardio Kidz USA Rally Towel; -Can Upgrade to: -Kaepa Cheerful Shoe, -Team Cardio Kidz USA Hoodie, -Performance shirt, and/or -Duffle bag. Plus -upgrade 1 item for embroidery.

**Gold Combo**

Retail

\$474.97

Package price 465

Aug Sale

458

Everything in the Silver Combo Package plus Cardio Kidz USA Rally Towel; -Can Upgrade to: -Kaepa Cheerful Shoe, -Team Cardio Kidz USA Hoodie, -Performance shirt, and/or -Duffle bag. Plus -upgrade 1 item for embroidery.

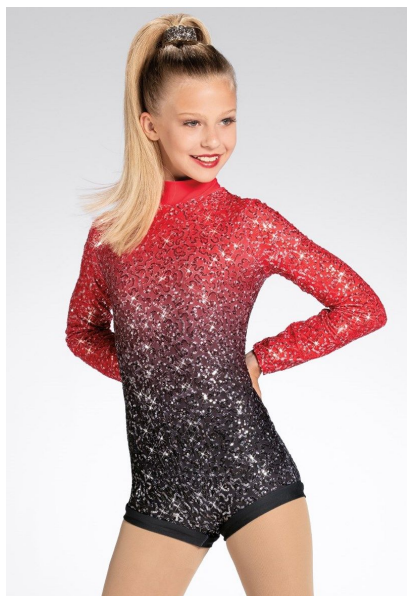
\*Supplies are limited

-upgrade means in place of similar item from previous package.



# Wild New Gymnast Leos!

Professional Leotard & Biketards especially for Gymnasts with a little WILD Streak.



**LONG SLEEVE USA  
GYMNASTICS LEOTARD:**  
\$95 SIZES: XSC-XXLA  
COLOR: RED/SILVER/BLUE



**STAR/STRIPE USA  
GYMNASTICS LEOTARD:**  
\$67 SIZES: XSC-LA  
COLOR: RED/SILVER/BLACK



**METALLIC WAVE USA  
GYMNASTICS BIKETARD:**  
\$57 SIZES: SC-LA  
COLOR: RED/BLACK,  
BLUE/BLACK

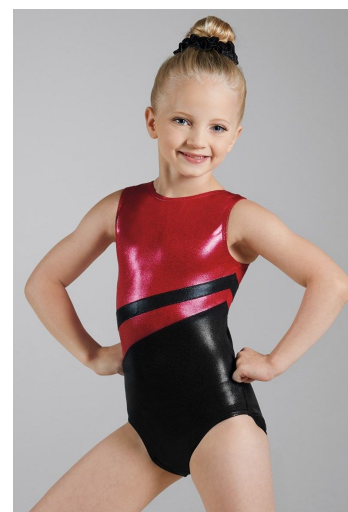


**OMBRE CHEETAH PRINT  
GYMNASTICS LEOTARD:**  
\$64 SIZES: XSC-XLA  
COLOR: RED, SILVER,  
BLUE, BLACK



**METALLIC TANK  
GYMNASTICS LEOTARD:**  
\$45 SIZES: XSC-XLA  
COLOR: RED, SILVER,  
BLACK

\*Supplies are limited (these items are not available for personalization)



**HALFSIES  
COLORBLOCK  
GYMNASTICS LEOTARD:**  
\$62 SIZES: XSC-LA  
COLOR: RED/BLACK

# HIGH QUALITY OPTIONS!

Professional Leotard & Biketard great for gymnasts, dancers, and cheer with our featured fun color options.



**LONG SLEEVE/  
HIGH NECK  
LEOTARD:**  
\$48 SIZES: XSC-XLA  
COLOR: BLACK, WHITE,  
RED, BLUE



**STRAPPY BIKETARD:**  
\$55 SIZES: XSC-XLA  
COLOR: BLACK,  
WATERMELON RED,  
PINK



**CAP SLEEVE  
LEOTARD:**  
\$47 SIZES: XSC-XLA  
COLOR: BLACK, PINK,  
WHITE, RED



**TANK LEOTARD:**  
\$46 SIZES: XSC-XXLA  
COLOR: BLACK, NUDE,  
PINK, WHITE, RED, BLUE



**GYMNASTICS LEOTARD:**  
\$45 SIZES: XSC-XLA  
COLOR: BLACK, NUDE,  
PINK, WHITE, RED, BLUE



**GYMNASTICS  
BIKETARD:**  
\$47 SIZES: SC-XLA  
COLOR: BLACK, NUDE,  
WHITE, RED

\*Supplies are limited

# OUR BEST DISCOUNT OPTIONS!

Leotard & Biketard great for gymnasts, dancers, and cheer with our featured fun color options.



**FLUTTER SLEEVE  
LEOTARD:**  
~~\$50~~ **\$37** SIZES: 1T-10  
COLOR: BLACK, PINK,  
PURPLE



**BASIC CAMISOLE LEOTARD:**  
~~\$45~~ **\$30** SIZES: 1T-10  
COLOR: BLACK, PINK, WHITE



**BASIC CAP SLEEVE  
LEOTARD:**

~~\$47~~ **\$32** SIZES:  
1T-10  
COLOR: BLACK,  
PINK, WHITE



**ZEBRA  
GYMNASTIC  
BIKETARD:**  
~~\$50~~ **\$37**  
SIZES: 2T-10  
COLOR: WHITE/BLACK



**LEOTARD WITH TUTU:**  
~~\$50~~ **\$37** SIZES: 1T-10  
COLOR: BLACK, PINK

\*Supplies are limited, Check available sizes and colors before ordering.



**HAIR SCRUNCHIE TIE:**  
\$3/each OR \$5 for 2  
SIZES: ONE SIZE FITS  
ALL  
COLOR: BLACK

# KARDIO KIDZ USA ACTIVWEAR

Get a shirt, sweats or jacket to show team spirit at performances and the annual parade!

**Kardio Kidz USA into the WILD Activewear:**Show your WILD Team Spirit by getting your Kardio Kidz USA into the WILD Activewear! These items are printed on 1 OR 2 sides and show our Wildside! Available in print on T-shirts, shorts, sweats, tanks, jackets, some leotards & more. These items are also available for personalization.

## PERSONALIZE YOUR STUFF!

Add one of the below logos to your clothing\*

Kardio Kidz WILD Activewear:  
(Printed Only)

T-SHIRT:	\$37	(2T-5XL)
TANK:	\$48	(YS-2XL)
PERFORM V-NECK:	\$51	(YS-4XL)
PERFORM CREW:	\$48	YXS-4XL)
CREW SWEATSHIRT:	\$47	(YXS-XL)
HOODIE:	\$67	(2T-5XL)
ZIP UP HOODIE:	\$77	(2T-5XL)
NO HOOD JACKET:	\$107	(YS-4XL)
FITTED SHORTS:	\$39	YXS-2XL)
POCKET SHORTS:	\$47	YXS-3XL)
LOOSE SHORTS:	\$61	(YS-XL)
SWEATPANTS:	\$67	(2T-5XL)
SKIRT:	\$81	(YS-3XL)
FULL LEGGINGS:	\$52	(YS-2XL)
CAPRI LEGGINGS:	\$52	YXS-2XL)

Front



Back



### KARDIO KIDZ USA Activewear:

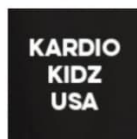
(ONE SIDED)

T-SHIRT:	\$27	(2T-5XL)
TANK:	\$38	(YS-2XL)
PERFORM V-NECK:	\$41	(YS-4XL)
PERFORM CREW:	\$38	(YXS-4XL)
CREW SWEATSHIRT:	\$37	(YXS-XL)
HOODIE:	\$57	(2T-5XL)
ZIP UP HOODIE:	\$67	(2T-5XL)
NO HOOD JACKET:	\$97	(YS-4XL)
FITTED SHORTS:	\$29	(YXS-2XL)
POCKET SHORTS:	\$37	(YXS-3XL)
LOOSE SHORTS:	\$51	(YS-XL)
SWEATPANTS:	\$57	(2T-5XL)
SKIRT:	\$71	(YS-3XL)
FULL LEGGINGS:	\$42	(YS-2XL)
CAPRI LEGGINGS:	\$42	(YXS-2XL)
LEOTARDS:	\$37-55	(DEPENDS ON SELECTION)

**Accessories:**

Bag:	\$37	\$45
Duffle bag:	\$47	\$55
Rally Towel	\$17	\$25
Sweatband	\$17	\$25
Headband	\$17	\$25
Scunchi	\$14	\$22
Water Bottle	\$17	\$25

Embroidery:

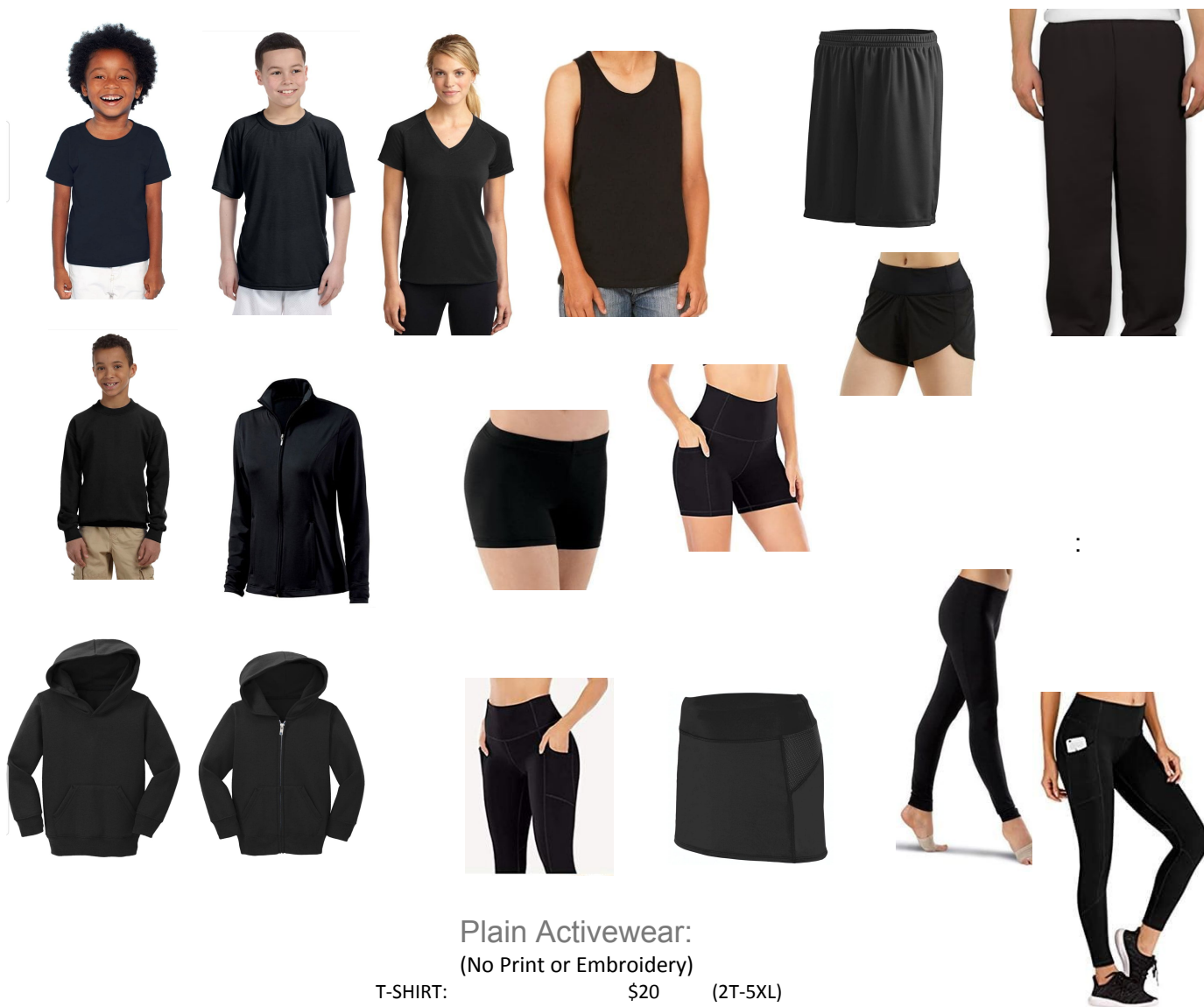


Add \$12 to any item that is available for embroidery

\*Supplies are limited (Most items available in Black)

# ACTIVEWEAR OPTIONS!

Available in black.



## Plain Activewear: (No Print or Embroidery)

T-SHIRT:	\$20	(2T-5XL)
TANK:	\$28	(YS-2XL)
PERFORM V-NECK:	\$35	(YS-4XL)
PERFORM CREW:	\$30	(YXS-4XL)
CREW SWEATSHIRT:	\$30	(YXS-XL)
HOODIE:	\$50	(2T-5XL)
ZIP UP HOODIE:	\$60	(2T-5XL)
NO HOOD JACKET:	\$100	(YS-4XL)
FITTED SHORTS:	\$22	(YXS-2XL)
POCKET SHORTS:	\$30	(YXS-3XL)
LOOSE SHORTS:	\$45	(YS-XL)
SWEATPANTS:	\$50	(2T-5XL)
SKIRT:	\$70	(YS-3XL)
FULL LEGGINGS:	\$37	(YS-2XL)
CAPR LEGGINGS:	\$37	(YXS-2XL)
Scunchi:	\$3	or 2 for \$5

\*Supplies are limited



Sizes : 7-3 Child; 3.5-10 Adult,  
Medium (US Sizes)  
Suggested Fitting : Child: Order 2  
sizes larger than street shoe. Adult:  
Order same size as street shoe.





## Tutus, Tights, Socks & Shoes are Important!

We are excited to now offer a variety of tights and shoes to our students. Tights are important because they help keep muscles warm. Shoes because they are great support for all the jumping, tumbling, landing, stunting and turning involved with Cheer, Dance and Parkour. It is essential to get the correct shoe for the right class. These shoes aid in performing jumps, stunts and tumbling while also giving the correct support and glide when dancing, turning and sliding into splits during routines. Unlike regular gym shoes these shoes are specifically made for cheering, dancing, parkour & tumbling.

We are also happy to offer some fun tutu options to dress up your dancer!

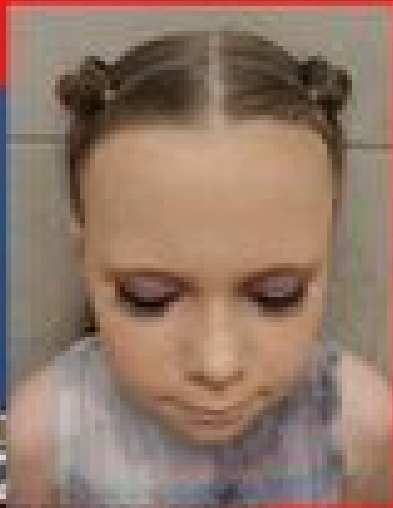
### Prices

(See Size recommendations)

Long Tutu:	\$17	(XSC-L)
Short Tutu:	\$17	(XSC-XL)
Ankle sock:	\$5 or 2 for \$7	(YS-XL)
Regular Footed tights:	\$12 or 2 for \$20	(XSC-XXLA)
Transition Tights:	\$15 or 2 for \$25	(SC-XXLA)
Footless Tights:	\$20 or 2 for \$35	(SC-XLA)
Basic Ballet Shoe:	\$28	(Sizes : 7-3 Child; 3.5-10 Adult, Available in Medium and Wide Widths (US Sizes) Suggested Fitting : Child: Order 2 sizes larger than street shoe. Adult: Order same size as street shoe.)
Split Sole Ballet Shoe:	\$34	(Sizes : 5-3 child; 3.5-10 Adult, Medium (US Sizes) Suggested Fitting : Women: Order 1/2 to 1 size larger than street shoe. Men: Order 2 1/2 to 3 sizes larger than street shoe.)
Mesh 1/2Sole Lyrical Shoe:	\$22	(Sizes : XS-MA Child; LA-XXL Adult, Available in Medium Widths (US Sizes) Suggested Fitting : XS (Child 11-13), SA (Child 1-2.5), MA (Child 3-4.5/Adult 5-6.5) LA (Adult 7-8), XL (Adult 8.5-9.5), XXL (Adult 10-11) Men: Order 3 sizes larger than street shoe.)
1/2Sole Lyrical Shoe:	\$37	(Sizes : XS-L, Medium (US Sizes) Suggested Fitting : XS (11-2), S (2.5-5), M (5.5-8), L (8.5-12). Order same size as street shoe.)
CRYSTAL FOOTUNDEEZ:	\$55	(Sizes : US Adult sizes)
Canvas Shoe:	\$29	(Sizes : 6-3 Child; 3-11 Adult, Toddler sizes: see chart Child sizes: THE SHOES IS LARGE THAN STANDARD, PLEASE CHOOSE 1-2 SIZE SMALL THAN USUAL Adult sizes: Fit: As expected)
Silver sequin sneakers:	\$58	(Sizes : 9-3 Child; 4-12 Adult, Available in Medium and Wide Widths (US Sizes) Suggested Fitting : Child: Order same as street shoe. Whole sizes only.)
Fierce Feats Flare Tumbling Shoe: shoe size.)	\$58	(Sizing recommendation: We suggest you order 1/2 size larger than your regular street
Kaepa Cheerful Tumbling Shoe:	\$69	(Suggested Fitting : Women: Order street shoe size. For half sizes or extreme feet, order the next size up. Men: Order two sizes larger than street shoe.)
Zephz Butterfly Lite:	\$107	(Sizing Note: We recommend when ordering cheer shoes to order one half to one size larger than

you would normally wear. )  
\*Supplies are limited





# LASHES

Magnetic Lashes & Liner  
These lashes make performance makeup that much easier.



**\$60**  
SET OF LASHES  
AND LINER

Contact Coach Mindy to order

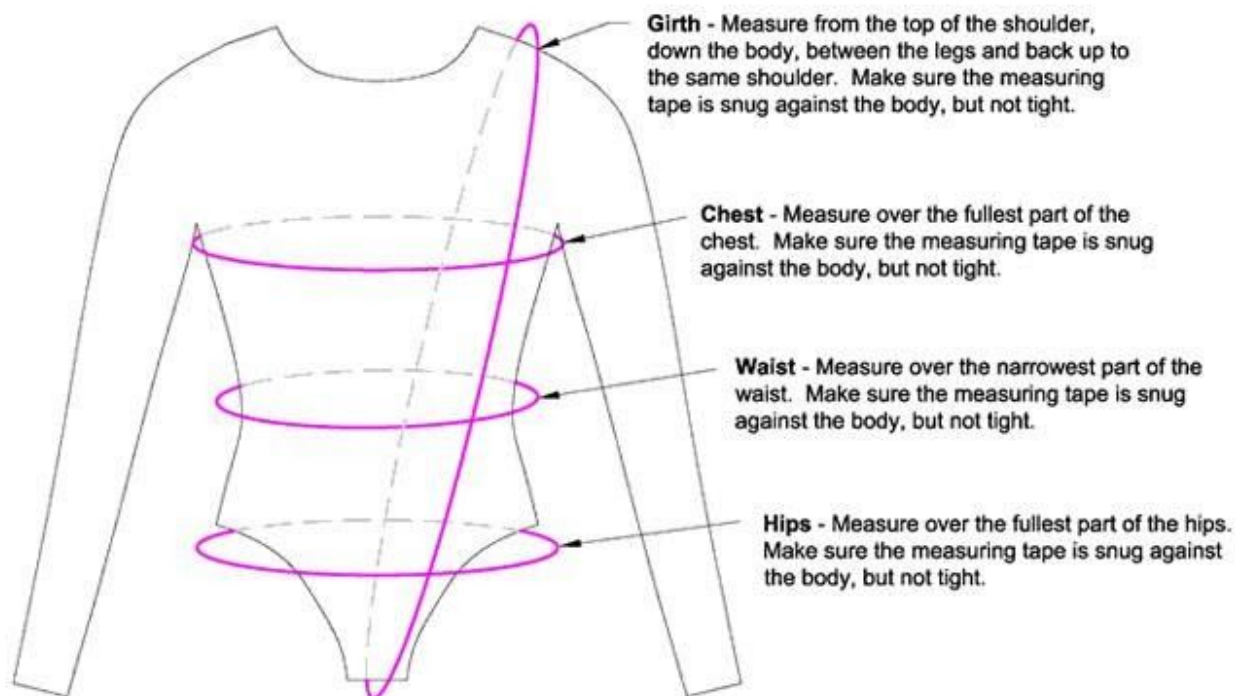
Deadlines:

Please have all orders in by **November 31**, if you want to guarantee Christmas delivery. To guarantee delivery by our January Performances, please have orders in by **December 15**.

To guarantee delivery by our May Performances, please have orders in by **March 30**.

To guarantee delivery for our summer performance please have orders in by **June 30**.

\*Limited Supply



**IF unsure what size to order, please include measurements on your registration.**

**Most important measurements:**

**For Leotards & Biketard:** Girth (Discount Leotards run small)

**For Shorts:** waist and hips

**For shirts & jackets:** Chest and girth

**Pants:** Waist and inseam/outseam

**For tights:** weight and height, see chart below

**For shoes:** Sizes : 7-3 Child; 3.5-10 Adult, Medium (US Sizes)

**Suggested Fitting :** Child: Order 2 sizes larger than street shoe. Adult: Order same size as street shoe.

**CM= Child Medium Width**

**AM= Adult Medium Width**

# T-Shirt

← kids in youth sizes

	S	M	L	XL
name:	Elizabeth	Matt	Chris	Mark
height:	5'3"	5'10.5"	6'0"	6'3"
weight:	133 lbs	155 lbs	185 lbs	215 lbs
chest:	34"	36.5"	38.5"	43"
waist:	27"	32"	34"	39"

garment measurements (inches)

	YXS (2-4)	YS (6-8)	YM (10-12)	YL (14-16)	YXL (18-20)	S	M	L	XL	2XL	3XL	4XL
length	20.5	22	23.5	25	26.5	28	29	30	31	32	33	34
width	16	17	18	19	20	18	20	22	24	26	28	30

length (shoulder seam at collar to bottom hem)  
width (armhole to armhole across chest)

# Toddler

	2T	3T	4T
name:	Ella	Carrington	Cole
height:	2'3"	34"	3'8"
weight:	22 lbs	30 lbs	37 lbs

garment measurements (inches)

	2T	3T	4T	5T	6T
length	15	16	17	18	19
width	11	12	13	14	15

length (shoulder seam at collar to bottom hem)  
width (side to side at 1" below the sleeves)

# Crew

# Performance

→ adults in standard sizes

	YXS	YS	YM	YL	YXL
name:	Maya	Aubree	Carlos	Marquez	Zach
height:	4'2.5"	4'5"	4'11"	5'3"	5'2"
weight:	60 lbs	75 lbs	90 lbs	102 lbs	131 lbs
chest:	25"	27"	29"	31"	34"
waist:	24.5"	27.5"	27.5"	30"	33"

garment measurements (inches)

	YXS (2-4)	YS (6-8)	YM (10-12)	YL (14-16)	YXL (18-20)	S	M	L	XL	2XL	3XL	4XL
length	20.5	22	23.5	25	26.5	28	29	30	31	32	33	34
width	16	17	18	19	20	18	20	22	24	26	28	30

length (shoulder seam at collar to bottom hem)  
width (armhole to armhole across chest)

← kids in youth sizes

	S	M	L	XL
name:	Sara	Jerry	Matt	DeSean
height:	5'7"	5'10.5"	6'1"	5'10.5"
weight:	160 lbs	170 lbs	200 lbs	225 lbs
chest:	39.5"	38"	41.5"	45"
waist:	32.5"	33"	36.5"	42"

garment measurements (inches)

	YXS (2-4)	YS (6-8)	YM (10-12)	YL (14-16)	YXL (18-20)	S	M	L	XL	2XL	3XL	4XL
length	20	21.5	23	25	27	27	28	29	30	31	31.5	32
width	15.25	16	17	18	19.5	20	21.5	23	24.5	26	28	30

# Performance V-Neck



**S**      **M**      **L**      **XL**

name:	Arielle	Rachel	Amanda	Heidi
height:	5'4"	5'7"	5'3"	5'10"
weight:	120 lbs	144 lbs	160 lbs	190 lbs
dress size:	2	6	10	14
chest:	36"	38"	40"	43"
waist:	28"	29"	33"	35"

garment measurements (inches)



	XS	S	M	L	XL	2XL	3XL	4XL
length	25	25.5	26	27	28	29	29.5	30
width	17	18	19	20.5	22	23.5	25.5	27.5

length (shoulder seam at collar to bottom hem)  
width (side to side at 1" below the sleeves)

# Crew Sweatshirt



**YS**      **YM**      **YL**

name:	Sophie	Maya	Marquez
height:	3'7"	4'2.5"	5'3"
weight:	43 lbs	60 lbs	102 lbs
chest:	22"	25"	31"
waist:	21"	24.5"	30"

garment measurements (inches)



	YXS (2-4)	YS (6-8)	YM (10-12)	YL (14-16)	S	M	L	XL	2XL	3XL	4XL	5XL
length	19	21.25	22.5	24	26	27	28	29	30	31	32	33
width	15	17	18	19	20	22	24	26	28	30	32	34

length (shoulder seam at collar to bottom hem)  
width (side to side at 1" below the sleeves)

# Hoodie & Zip Hoodie



**S**      **M**      **L**      **XL**

name:	Arielle	Jeremy	Dustin	Chris
height:	5'4"	6'0"	6'0"	6'0"
weight:	128 lbs	150 lbs	170 lbs	185 lbs
chest:	36"	37.5"	38.5"	38.5"
waist:	31"	31"	33"	34"

garment measurements (inches)



	YXS (2-4)	YS (6-8)	YM (10-12)	YL (14-16)	S	M	L	XL	2XL	3XL	4XL	5XL
length	19	21.25	22.5	24	26	27	28	29	30	31	32	33
width	15	17	18	19	20	22	24	26	28	30	32	34



**S**      **M**      **L**      **XL**

name:	Arielle	Jeremy	Dustin	Chris
height:	5'4"	5'9"	6'0"	6'0"
weight:	128 lbs	150 lbs	170 lbs	185 lbs
chest:	36"	37.5"	38.5"	38.5"
waist:	31"	31"	33"	34"

garment measurements (inches)



	YXS (2-4)	YS (6-8)	YM (10-12)	YL (14-16)	S	M	L	XL	2XL	3XL	4XL
length	19.5	21.75	23	24.5	26	27	28	29	30	31	32
width	14.25	16.25	17.25	18.25	19.25	21.25	23.25	25.25	27.25	29.25	31.75

# Sweatpants



garment measurements (inches)			
SIZE	YS	YM	YL
<b>YOUTH SIZES</b>	(6-8)	(10-12)	(14-16)
<b>INSEAM</b>	19	22	25
<b>OUTSEAM</b>	29	32	36

**How to Measure:**  
Lay garment flat and use a tape measure or ruler.

**INSEAM:** Measure from the seam connecting the legs together to the seam at the bottom hem of the garment.

**OUTSEAM:** Measure along the outer edge of the garment. Start at the top of the waistband and end at the bottom hem.



garment measurements (inches)					
SIZE	S	M	L	XL	XXL
<b>WAIST SIZE</b>	(28-30)	(32-34)	(36-38)	(40-42)	(44-46)
<b>INSEAM</b>	29.5	30	30.5	31	31.5
<b>OUTSEAM</b>	41	43	44	45	46

**How to Measure:**  
Lay garment flat and use a tape measure or ruler.

**INSEAM:** Measure from the seam connecting the legs together to the seam at the bottom hem of the garment.

**OUTSEAM:** Measure along the outer edge of the garment. Start at the top of the waistband and end at the bottom hem.

# Loose Shorts



garment measurements (inches)					
SIZE	YXS	YS	YM	YL	YXL
<b>YOUTH SIZES</b>	(5-6)	(7)	(8-10)	(12-14)	(16)
<b>INSEAM</b>	2.66	2.66	2.66	2.66	2.75
<b>OUTSEAM</b>	8	10	10.5	11	11

**How to Measure:**  
Lay garment flat and use a tape measure or ruler.

**INSEAM:** Measure from the seam connecting the legs together to the seam at the bottom hem of the garment.

**OUTSEAM:** Measure along the outer edge of the garment. Start at the top of the waistband and end at the bottom hem.



garment measurements (inches)				
SIZE	S	M	L	XL
<b>PANTS SIZE</b>	(3-5)	(7-9)	(11-13)	(15)
<b>INSEAM</b>	2.75	3	3.25	3.25
<b>OUTSEAM</b>	12.5	13	13.5	13.5

**How to Measure:**  
Lay garment flat and use a tape measure or ruler.

**INSEAM:** Measure from the seam connecting the legs together to the seam at the bottom hem of the garment.

**OUTSEAM:** Measure along the outer edge of the garment. Start at the top of the waistband and end at the bottom hem.

# Mesh Shorts



## Pocket Shorts



### garment measurements (inches)

SIZE	YS	YM	YL	S	M	L	XL	2XL	3XL
<b>WAIST SIZE</b>	(6-8)	(10-12)	(14-16)	(28-30)	(32-34)	(36-38)	(40-42)	(44-46)	(48-50)
<b>INSEAM</b>	7	7.5	8	9	9	9	9	9	9
<b>OUTSEAM</b>	17	18	19	21	21	22	22	22.5	23

### How to Measure:

Lay garment flat and use a tape measure or ruler.

**INSEAM:** Measure from the seam connecting the legs together to the seam at the bottom hem of the garment.

**OUTSEAM:** Measure along the outer edge of the garment. Start at the top of the waistband and end at the bottom hem.

## Fitted Shorts



### garment measurements (inches)

SIZE	YS	YM	YL	S	M	L	XL	2XL
<b>WAIST SIZE</b>	(6-8)	(10-12)	(14-16)	(26.5-27.5)	(28.5-29.5)	(30.5-32)	(33-35)	(36-38)
<b>INSEAM</b>	3.375	3.625	3.625	4	4	4	4	4
<b>OUTSEAM</b>	9	9.5	10	10.5	11	11.5	12.5	13.5

# Skirt

Sizing Tip: Style runs small, you may want to consider sizing up.



garment measurements (inches)							
SIZE	XS	S	M	L	XL	2XL	3XL
WAIST SIZE	(24-26)	(26-28)	(28-30)	(30-33)	(33-35)	(35-38)	(38-41)
LENGTH	14	14.5	15	15.5	16	16.5	17

**How to Measure:**  
Lay garment flat and use a tape measure or ruler.

**LENGTH:** Measure along the outer edge of the garment. Start at the top of the waistband and end at the bottom hem.

# Capri

Sizing Tip: Style runs small, you may want to consider sizing up.



garment measurements (inches)					
SIZE	S	M	L	XL	2XL
PANTS SIZE	(0-4)	(4-8)	(8-10)	(10-12)	(12-14)
INSEAM	17.75	18.25	18.25	18.75	18.75
OUTSEAM	25	26	26	27	27

**How to Measure:**  
Lay garment flat and use a tape measure or ruler.

**INSEAM:** Measure from the seam connecting the legs together to the seam at the bottom hem of the garment.

**OUTSEAM:** Measure along the outer edge of the garment. Start at the top of the waistband and end at the bottom hem.



To measure girth, place tape measure on center of right shoulder, run through crotch and back to right shoulder loosely (as shown in diagram). Remember, the girth is the most important measurement. When in doubt, let the girth measurement determine size.

This is a guide to help determine correct sizing. See product detail page for available sizes.

Child Sizing								
Child	XX-Small XXSC (3)	X-Small XSC (4/5)	Small SC (6-6X)	Intermediate IC (7/8)	Medium MC (10/12)	Large LC (14)	X-Large XLC (16/18)	XX-Large XXLC (20)
Combo Sizing	XSC/SC			MC/LC				
Chest	in	20 - 22	22 - 24	24 - 26	26 - 28	28 - 31	31 - 33	33 - 36
	cm	51 - 56	56 - 61	61 - 66	66 - 71	71 - 79	79 - 84	84 - 91
Waist	in	19 - 22	22 - 23	23 - 24	24 - 25	25 - 27	27 - 29	29 - 32
	cm	48 - 56	56 - 58	58 - 61	61 - 64	64 - 69	69 - 74	74 - 81
Hips	in	20 - 23	23 - 25	25 - 27	27 - 29	29 - 32	32 - 36	36 - 39
	cm	51 - 58	58 - 67	67 - 69	69 - 74	74 - 81	81 - 91	91 - 99
Girth	in	32 - 36	36 - 40	40 - 44	44 - 47	47 - 51	51 - 55	55 - 60
	cm	81 - 91	91 - 102	102 - 112	112 - 119	119 - 130	130 - 140	140 - 145
Inseam	in	15 - 17	17 - 19	19 - 22	22 - 25	25 - 28	28 - 30	28 - 31
	cm	38 - 43	43 - 48	48 - 56	56 - 64	64 - 71	71 - 76	71 - 79

Adult Sizing						
Adult	X-Small XSA/PA (0/2)	Small SA (2/4/6)	Medium MA (8/10)	Large LA (12/14)	X-Large XLA (16/18)	XX-Large XXLA (20)
Combo Sizing	SA/MA			LA/XL		
Bust	in	31 - 33	33 - 36	36 - 38	38 - 41	41 - 45
	cm	79 - 84	84 - 91	91 - 97	97 - 104	104 - 114
Waist	in	22 - 25	25 - 28	28 - 30	30 - 33	33 - 37
	cm	56 - 64	64 - 71	71 - 76	76 - 84	84 - 94
Hips	in	32 - 34	34 - 37	37 - 40	40 - 43	43 - 47
	cm	81 - 86	86 - 94	94 - 102	102 - 109	109 - 119
Girth	in	53 - 56	56 - 60	60 - 63	63 - 66	66 - 69
	cm	135 - 142	142 - 152	152 - 160	160 - 168	168 - 175
Inseam	in	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33
	cm	74 - 84	74 - 84	74 - 84	74 - 84	74 - 84

Children's Tights							
Inches	30 lbs.	40	50	60	70	80	90
36							
38							
40		2-6					
42							
44							
46							
48							
50							
52						8-12	
54							
56							
58							
60							
62							
64							

Women's Tights																			
	S/M	L/XL	XXL																
ht/lbs	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
4'10"																			
4'11"																			
5'																			
5'1"																			
5'2"					S/M														
5'3"																			
5'4"																			
5'5"																			
5'6"																			
5'7"																			
5'8"																			
5'9"																			
5'10"																			
5'11"																			
6'																			
6'1"																			
6'2"																			

# Shoe Sizing:



**Ballet Shoes:**

**Sizes :** 7-3 Child; 3.5-10 Adult, Medium (US Sizes)

**Suggested Fitting :** Child: Order 2 sizes larger than street shoe. Adult: Order same size as street shoe.

**Half Sole Mesh Lyrical Shoes:**

**Sizes :** XS-XL, Medium (US Sizes)

**Suggested Fitting :** Suggested Fitting: XS (Child 11-13), S (Child 1-2.5), M (Child 3-4.5/Adult 5-6.5), L (Adult 7-8), XL (Adult 8.5-9.5), XXL (Adult 10-11) Order same size as street shoe in parentheses. Men: Order 3 sizes larger than street shoe.

**Double Stitched Half Sole Lyrical Shoes:**

**Sizes :** XS-L, Medium (US Sizes)

**Suggested Fitting :** XS (11-2), S (2.5-5), M (5.5-8), L (8.5-12). Order same size as street shoe.

**Cheer Shoes:**

Sizes: Y10-Y2 and L4-L13 available

(Sizes do run small make sure to order ½ to 1 full size larger than street shoe. For wide feet a full size up is recommended)

canvas toddler shoe chart:	6 M US Toddler -- Sole length -- 6.29 Inch
	7 M US Toddler -- Sole length -- 6.49 Inch
	8 M US Toddler -- Sole length -- 6.69 Inch
	9 M US Toddler -- Sole length -- 6.88 Inch
	10 M US Toddler -- Sole length -- 7.08 Inch
	11 M US Little Kid -- Sole length -- 7.28 Inch
	12 M US Little Kid -- Sole length -- 7.48 Inch
	12.5 M US Little Kid -- Sole length -- 7.67 Inch
	13 M US Little Kid -- Sole length -- 7.87 Inch
	1 M US Little Kid -- Sole length -- 8.07 Inch
	2 M US Little Kid -- Sole length -- 8.26 Inch