

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 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 or contact Mindy 801-807-8817

For current classes, schedules and prices visit: 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 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.

Signature of a parent or legal guardian of the athlete Date

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 _____ =\$ _____

1st 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.)

IMPORTANT FORMS COMPLETE:

Waiver Signed
 Concussion Policy Signed
 Payment Contract Signed
 Payment received

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 1st 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 1st 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 1st day of the month, and late if not received by the 10th. 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 1st of the month. Registration fee and monthly tuition is due at registration. Next payment will be due on the 1st 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 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 1st 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 1st of the month it is due. A \$10 late charge will be charged after the 10th 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 gymnastics, dance 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

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.

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

The easiest way to complete registration is 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.

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.

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

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 K Games with Team Kardio Kidz USA!

We are excited about some of the world competitions going on this next year including the Olympics and want to celebrate athleticism through performing and focusing on our own PR (personal record). We will be doing this in our own K Games. We also plan to build team spirit for Team Kardio Kidz USA by doing fun team building activities throughout the season!

There will be a **Gold**, **Silver** and **Bronze** activewear package for 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.

See below for leotards, shirts and Kardio Kidz wear. We've also added some fun 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 a Black Leotard (girls) and a Kardio Kidz shirt or plain 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 black 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.

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

Deadlines:

For Christmas Delivery: Please have all orders in by **November 31**.

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

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

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

*Please note: Kardio Kidz USA Printed items may be printed just prior to performance dates and delivered prior to performance regardless of order date.

To order leotards, biketards, or other clothing options indicate size & quantity on registration form. Basic Cap Sleeve & Camisole Leotards, shorts, biketarts, dance shoes, tights, shirts, sweats and more available in XSC to AXL from \$12-\$40

See below for more options.

See All Sizing recommendations below

NEW THIS YEAR!

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 Kardio Kidz USA Sweatshirt; -upgrade to Silver Sneaker shoe or Fierce Feats Flare Tumbling Shoe; headband or sweatband; and Kardio 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 Kardio Kidz USA Sweatshirt; -upgrade to Silver Sneaker; headband or sweatband; and Kardio 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 Kardio Kidz USA Rally Towel. -Can Upgrade to: USA Metallic Leo/biketard, -Performance shirt, -Hoodie and/or -Team Kardio 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 Kardio Kidz USA Rally Towel; -can Upgrade to: -split sole ballet shoe, -Team Kardio 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 Kardio Kidz USA Rally Towel; -Can Upgrade to: -CRYSTAL FOOTUNDEEZ, -Team Kardio 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 Kardio Kidz USA Rally Towel; -Can Upgrade to: -Kaepa Cheerful Shoe, -Team Kardio 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 Kardio Kidz USA Rally Towel; -Can Upgrade to: -Kaepa Cheerful Shoe, -Team Kardio 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.

New Gymnast Leos!

Professional Leotard & Biketards especially for Gymnasts with our featured Team Cardio Kidz USA colors.



**LONG SLEEVE USA
GYMNASTICS LEOTARD:**
\$80 SIZES: SC-LA
COLOR: RED/SILVER/BLUE



**STAR/STRIPE USA
GYMNASTICS LEOTARD:**
\$60 SIZES: XSC-LA
COLOR: RED/SILVER/BLACK



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



**METALLIC LONG SLEEVE
GYMNASTICS LEOTARD:**
\$50 SIZES: SC-LA
COLOR: RED, SILVER, BLUE,
BLACK



**METALLIC TANK
GYMNASTICS LEOTARD:**
\$40 SIZES: XSC-LA
COLOR: RED, SILVER, BLACK



**METALLIC TANK
GYMNASTICS BIKETARD:**
\$50 SIZES: SC-LA
COLOR: SILVER

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

HIGH QUALITY OPTIONS!

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



**LONG SLEEVE/
HIGH NECK LEOTARD:**
\$38 SIZES: XSC-XLA
COLOR: BLACK, WHITE,
RED,BLUE

**LONG
SLEEVE LEOTARD:**
\$37 SIZES: XSC-XLA
COLOR: BLACK, PINK,
WHITE, RED, BLUE



**CAP
SLEEVE LEOTARD:**
\$36 SIZES: XSC-XLA
COLOR: BLACK, PINK,
WHITE, RED



TANK LEOTARD:
\$35 SIZES: XSC-XXLA
COLOR: BLACK, NUDE, PINK,
WHITE, RED, BLUE



GYMNASTICS LEOTARD:
\$34 SIZES: XSC-XLA
COLOR: BLACK, NUDE, PINK,
WHITE, RED, BLUE



GYMNASTICS BIKETARD:
\$36 SIZES: SC-XLA
COLOR: BLACK, NUDE,
WHITE, RED

*Supplies are limited

OUR BEST DISCOUNT OPTIONS!

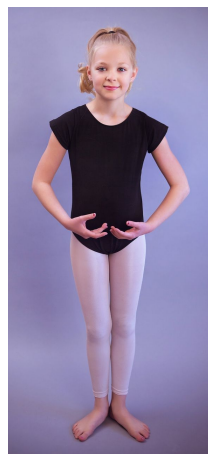
Leotard & Biketard great for gymnasts, dancers, and cheer with our featured fun color options.



**FLUTTER SLEEVE
LEOTARD:**
\$25 SIZES: 1T-10
COLOR: BLACK, PINK,
PURPLE



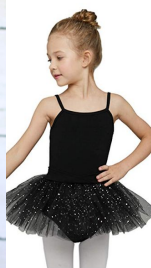
**BASIC
CAMISOLE LEOTARD:**
\$17 SIZES: 1T-10
COLOR: BLACK, PINK, WHITE



**BASIC CAP SLEEVE
LEOTARD:**
\$20 SIZES: 1T-10
COLOR: BLACK, PINK, WHITE



**ZEBRA GYMNASTIC
BIKETARD:**
\$20 SIZES: 2T-10
COLOR:
WHITE/BLACK, PINK/BLACK



LEOTARD WITH TUTU:
\$25 SIZES: 1T-10
COLOR: BLACK, PINK



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

*Supplies are limited

KARDIO KIDZ USA ACTIVEWEAR

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

Front



Back

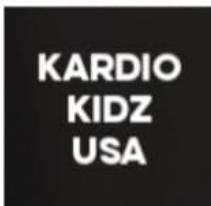


A

One side options



B



- A. K Games Activewear:** Show Team Spirit by get your K GAMES Activewear! These items are printed on both sides with a fun gold medal, torch, &/or athletes. Available in print on T-shirts, shorts, sweats, tanks, jackets, some leotards & more. These items are also available for personalization.
- B. Kardio Kidz USA Activewear:** Another great way to show Team Spirit is to our one side print KARDIO KIDZ USA Activewear! These items are printed or embroidered with KARDIO KIDZ USA. Available in print on T-shirts, shorts, sweats, tanks, jackets, some leotards & more. These items are also available for personalization.
- C. PLAIN ACTIVEWEAR:** For the performances we are requesting that students please at least match our team colors and clothing. We are offering many fun options, and all purchases help support our performance fund.

*Supplies are limited

PERSONALIZE YOUR STUFF!

Add one of the below logos to your clothing*

Front



Back



K-Games Activewear:

(Printed Only)

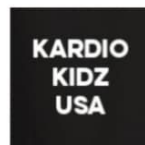
T-SHIRT:	\$37	(2T-5XL)
TANK:	\$48	(YS-2XL)
PERFORM V-NECK:	\$51	(YS-4XL)
PERFORM CREW:	\$48	(YXS-4XL)
CREW SWEATSHIRT:	\$47	(YXS-XL)
HOODIE:	\$67	(2T-5XL)
ZIP UP HOODIE:	\$77	(2T-5XL)
NO HOOD JACKET:	\$107	(YS-4XL)
FITTED SHORTS:	\$39	(YXS-2XL)
POCKET SHORTS:	\$47	(YXS-3XL)
LOOSE SHORTS:	\$61	(YS-XL)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

(YXS-2XL)

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:	\$37-47	(DEPENDS ON SELECTION)



Accessories:	W/LOGO	W/Personalization
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.



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.





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 shoe size.)	
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

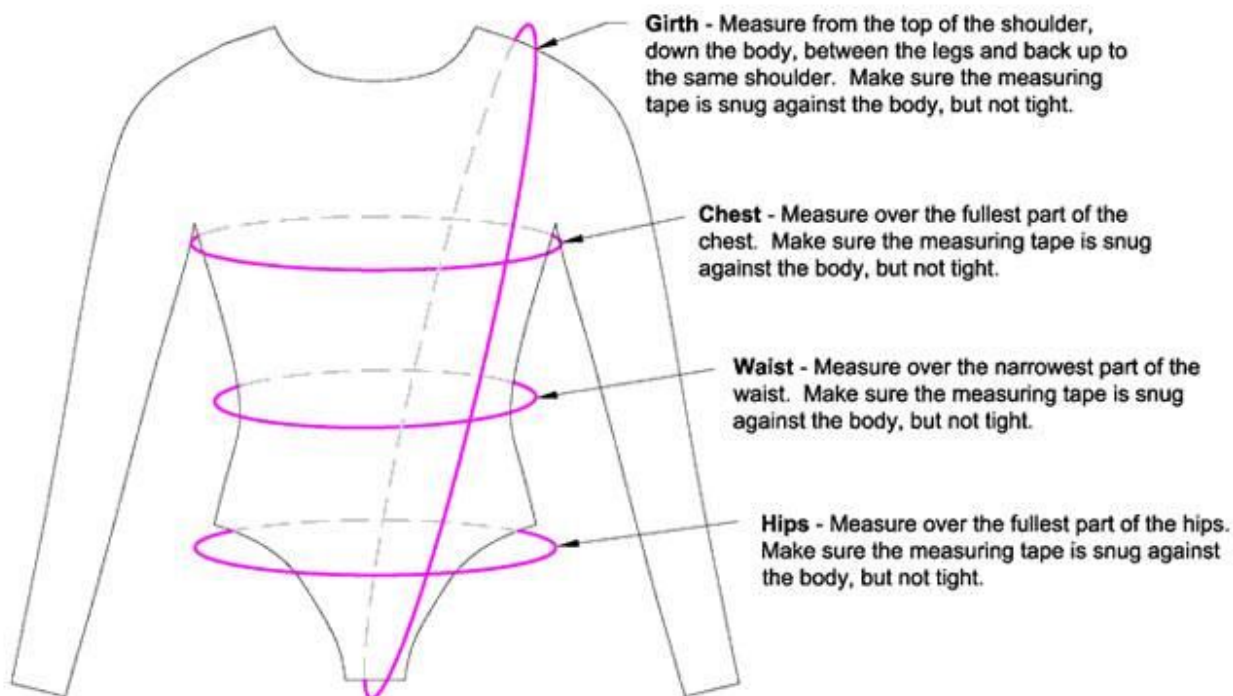
Deadlines:

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



	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	YS	YM	YL	YXL	S	M	L	XL	2XL	3XL	4XL
length	(2-4) 20.5	(6-8) 22	(10-12) 23.5	(14-16) 25	(18-20) 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



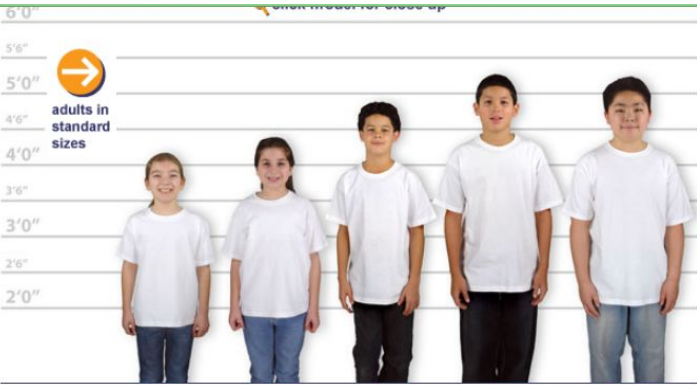
	2T	3T	4T
name:	Ella	Carrington	Cole
height:	2'8"	3'4"	3'8"
weight:	22 lbs	30 lbs	37 lbs

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



	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	YS	YM	YL	YXL	S	M	L	XL	2XL	3XL	4XL
length	(2-4) 20.5	(6-8) 22	(10-12) 23.5	(14-16) 25	(18-20) 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)



	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	YS	YM	YL	YXL	S	M	L	XL	2XL	3XL	4XL
length	(2-4) 20	(6-8) 21.5	(10-12) 23	(14-16) 25	(18-20) 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



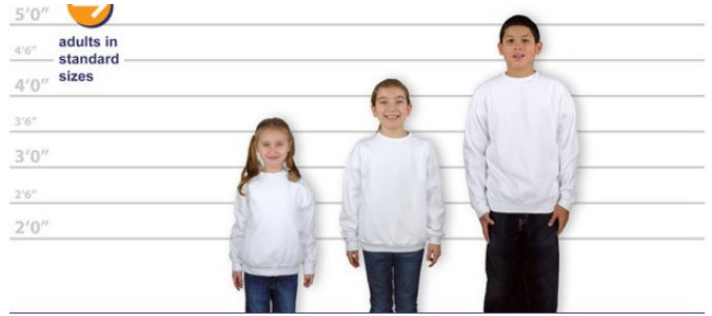
	S	M	L	XL
name:	Arielle	Rachel	Amanda	Heidi
height:	5'4"	5'7"	5'8"	5'10"
weight:	120 lbs	144 lbs	160 lbs	190 lbs
dress size:	2	6	14	14
chest:	36"	38"	40"	43"
waist:	28"	29"	33"	35"

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"	5'9"	6'0"	6'0"
weight:	128 lbs	150 lbs	170 lbs	185 lbs
chest:	36"	37.5"	35.5"	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

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



	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"	35.5"	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

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

Sweatpants



garment measurements (inches)			
SIZE	YS	YM	YL
YOUTH SIZES	(6-8)	(10-12)	(14-16)
INSEAM	19	22	25
OUTSEAM	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
WAIST SIZE	(28-30)	(32-34)	(36-38)	(40-42)	(44-46)
INSEAM	29.5	30	30.5	31	31.5
OUTSEAM	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
YOUTH SIZES	(5-6)	(7)	(8-10)	(12-14)	(16)
INSEAM	2.66	2.66	2.66	2.66	2.75
OUTSEAM	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
PANTS SIZE	(3-5)	(7-9)	(11-13)	(15)
INSEAM	2.75	3	3.25	3.25
OUTSEAM	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



garment measurements (inches)					
SIZE	YXS	YS	YM	YL	YXL
YOUTH SIZES	(2-4)	(6-8)	(10-12)	(14-16)	(18-20)
INSEAM	6.5	6.75	7	7.5	8
OUTSEAM	14.5	15	16	17	18

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	2XL	3XL	4XL
WAIST SIZE	(28-30)	(32-34)	(36-38)	(40-42)	(44-46)	(48-50)	(52-54)
INSEAM	7	7	7	7.25	7.5	7.75	8
OUTSEAM	19	20	20	21	21	22	22

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.

Pocket Shorts



garment measurements (inches)									
SIZE	YS	YM	YL	S	M	L	XL	2XL	3XL
WAIST SIZE	(6-8)	(10-12)	(14-16)	(28-30)	(32-34)	(36-38)	(40-42)	(44-46)	(48-50)
INSEAM	7	7.5	8	9	9	9	9	9	9
OUTSEAM	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.

Fitted Shorts



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

Skirt

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



NOTE: This style has an elastic waistband.

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.



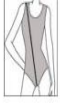
NOTE: This style has an elastic waistband.

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	36 - 40
	cm	51 - 56	56 - 61	61 - 66	66 - 71	71 - 79	79 - 84	84 - 91	91 - 102
Waist	in	19 - 22	22 - 23	23 - 24	24 - 25	25 - 27	27 - 29	29 - 32	32 - 35
	cm	48 - 56	56 - 58	58 - 61	61 - 64	64 - 69	69 - 74	74 - 81	81 - 89
Hips	in	20 - 23	23 - 25	25 - 27	27 - 29	29 - 32	32 - 36	36 - 39	39 - 41
	cm	51 - 58	58 - 67	67 - 69	69 - 74	74 - 81	81 - 91	91 - 99	99 - 104
Girth	in	32 - 36	36 - 40	40 - 44	44 - 47	47 - 51	51 - 55	55 - 60	57 - 62
	cm	81 - 91	91 - 102	102 - 112	112 - 119	119 - 130	130 - 140	140 - 145	145 - 157
Inseam	in	15 - 17	17 - 19	19 - 22	22 - 25	25 - 28	28 - 30	28 - 31	28 - 31
	cm	38 - 43	43 - 48	48 - 56	56 - 64	64 - 71	71 - 78	71 - 79	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	45 - 50
	cm	79 - 84	84 - 91	91 - 97	97 - 104	104 - 114	114 - 127
Waist	in	22 - 25	25 - 28	28 - 30	30 - 33	33 - 37	37 - 41
	cm	56 - 64	64 - 71	71 - 76	76 - 84	84 - 94	94 - 104
Hips	in	32 - 34	34 - 37	37 - 40	40 - 43	43 - 47	47 - 51
	cm	81 - 86	86 - 94	94 - 102	102 - 109	109 - 119	119 - 130
Girth	in	53 - 58	58 - 60	60 - 63	63 - 66	66 - 69	69 - 72
	cm	135 - 142	142 - 152	152 - 160	160 - 168	168 - 175	175 - 183
Inseam	in	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33
	cm	74 - 84	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							
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'																				XXL
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