




White Rock Tumble & Cheer Fall Class Schedule 2020

Sign Up Today!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 a.m.						Denotes WAIT LIST
11:00 a.m.						
2:00 p.m.			2:30 – Larson Private			
3:30 p.m.	<ul style="list-style-type: none"> - Bear Private - Pre/K-1 - Basic 1 - Brown Private 	<ul style="list-style-type: none"> - Harper Private - Preschool - Basic 1 	<ul style="list-style-type: none"> - Puryear Private - Bettega Private - Ogle Private - Spangler Private 	<ul style="list-style-type: none"> - Cobbs Private - Basic 1 - BHS 		
4:30 p.m.	<ul style="list-style-type: none"> - McPike (1st) Private - McPike (4th) Private - Basic ½ - Private Cheer Prep 	<ul style="list-style-type: none"> - Griffith Private - Crosland Private - BHS/Series - Wegner Private 	<ul style="list-style-type: none"> - Woodard Private - Smith Private - BL Private - Basic 1/2 	<ul style="list-style-type: none"> - Basic 1/2 - BHS/Series - Tuck & Up 	<ul style="list-style-type: none"> - K1/B1 - Monroe Private 	
5:30 p.m.	<ul style="list-style-type: none"> - Lyon Private - Thomas Private - Poe Private - Tuck & Up 	<ul style="list-style-type: none"> - Basic 2/BHS - Tuck & Up - Flyer Flex 	<ul style="list-style-type: none"> - Summerford Private - BHS/Series - Tuck & Up 	<ul style="list-style-type: none"> - Basic 1 - Basic 2 - BHS/Series - Jumps 	<ul style="list-style-type: none"> - Tuck & Up - BHS/Series 	
6:30 p.m.	<ul style="list-style-type: none"> - High School Tumble - Yet1 (J1) Practice 	<ul style="list-style-type: none"> - Arc2ic (J2) Practice 	<ul style="list-style-type: none"> - Fre3ze (S3) Practice 	<ul style="list-style-type: none"> - Basic ½ - High School Tumble - Ch1ll Practice 		
7:30 p.m.	<ul style="list-style-type: none"> - Yet1 (J1) Practice 	<ul style="list-style-type: none"> - Arc2ic (J2) Practice 	<ul style="list-style-type: none"> - Fre3ze (S3) Practice 			

Classes are Session based

Session 1 : 8 Weeks
55 minute classes - \$160 (2 for \$240)

Session 2 : 9 Weeks
55 minute classes - \$180 (2 for \$270)

Annual Registration - \$35

Session Dates:
(for billing purposes)

Fall Session 1: August 17th – October 9th
Fall Session 2: October 12th - Dec. 18th
(Closed November 23rd – 27th)

All enrollments will automatically be rolled over unless drop notice is received before the start of the next session

Class Descriptions - Boys & Girls

PRESCHOOL GYM 3 & 4 years old - 45 minutes Our goal in this program is to Development gymnastics skills, gross motor skills, fine motor skills, and movement exploration in a safe, fun setting. These classes offer age appropriate progressive gymnastics Development.

K/1 TUMBLE - 45 minutes This class is a fun, high-energy movement and motor skill development program designed to help children cultivate their gross motor, visual motor and social skills in a non-competitive atmosphere. Using gymnastics as our basis, we engage children in activities that encourage balance and vestibular stimulation. Children are recognized for their individuality and are encouraged to have fun as they build skills.

BASIC TUMBLE CLASS - 55 minutes This class will focus on basic tumbling skills, the building blocks for all future classes in our program. Basic tumbling skills includes: forward & backward roll, handstand, cartwheels, tick tocks, front limber and back-bend kick-over.

BASIC 2 TUMBLE CLASS - 55 minutes This class will focus on basic tumbling skills, the building blocks for all future classes in our program. Basic 2 tumbling skills includes: round off, back and front walkovers, cartwheel back walkover, and a strong handstand.

BACK HANDSPRING CLASS - 55 minutes Prerequisites for this class are strong round-off with a rebound, proper cartwheel, back-bend kick over, back and front walkover. To exit this class a student must perform a strong standing back handspring, and round-off back handspring.

SERIES CLASS - 55 minutes Prerequisites for this class are strong standing and strong round-off back handspring. To exit this class a student must perform a strong standing series, front walkover round-off back handspring and running round-off back handspring series. A series is three or more back handsprings in a row.

BACK TUCK CLASS - 55 minutes Prerequisites for this class are strong standing back handspring series, front walkover round-off back handspring and running round-off back handspring series. To exit this class a student must be working on a standing back tuck and be able to perform a punch front, standing series to a back tuck and round off back handspring series to a back tuck.

LAYOUT & TWIST CLASS - 55 minutes Prerequisites for this class are strong standing back handspring to a back tuck, a punch front and a round-off back handspring series to a back tuck.

Jump/Cheer Prep

There are no prerequisites for this class. This class is designed for athletes that want to improve their jumps and learn the cheer basics. Work on jump technique, endurance and height, spiriting & motions.

Stunt Class

Come Fly with us! Classes are designed to train flyers to execute flawless technique in the air. Our expert staff will spot and stunt your athlete as they build confidence in themselves and their skills.