



White Rock Tumble & Cheer FALL Class Schedule 2021

Sign Up Today!



	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30 a.m.				9:30 – White Private Class		
10:00 a.m.				10:30-11:30 Toddler Open Gym (\$5)		
2:30 p.m.	- Preschool	- Preschool	- Preschool	- Preschool	1:00 – Bogan Private 2:30 - Preschool	
3:30 p.m.	- Preschool - Basic 1 - Basic 2 - Back Handspring	- Preschool - Basic 1 - Basic 2/BHS - Downey Private	- Preschool - Basic 1 - Basic 2/BHS	- Preschool - Basic 1 - Basic 2 - Back Handspring	- Spangler Private - Basic 1/2	
4:30 p.m.	- Heinz Private - Hunter Private - McPike 2nd Private - McPike 5th Private	- K1 - Basic 2 - Back Handspring - Series/Tuck & Up	- Basic 1 - Basic 2 - Back Handspring - Series/Tuck	- Dickstein Private - K1 - Basic 1 - Series/Tuck & Up	- K1/B1 - Basic 2/BHS	
5:30 p.m.	- All Star Tumble 1&2 - Layout/Twist - Jumps	- Preschool - Basic 1 - Series/Tuck - Boys ONLY Tumble	- Griffith Private - K1 - Basic 2 - All Star Tumble 3&4	- Basic 1 - Back Handspring - Flyer Flex - Layout/Twist	- Super G1rls (5:30 – 7:00)	Classes are Session based Session 1 : 8 Weeks 55 minute classes - \$160 (2 for \$240) Session 2 : 8 Weeks 55 minute classes - \$160 (2 for \$240) <i>Annual Registration - \$35</i>
6:30 p.m.	- Middle & High School Tumble - Av3ngers Jr3	- Fantastic 4.2 - Hamilton Private	- S.H.1.E.L.D. Jr1 - Private Cheer Prep	- Guar2ians Jr2	- Super G1rls (5:30-7:00)	Session Dates: (for billing purposes) Fall Session 1: August 23 rd – October 15 th Fall Session 2: October 18 th - December 17 th <i>(Closed September 6th & November 22nd – 26th)</i>
7:30 p.m.	- Av3ngers Jr3	- Fantastic 4.2	- S.H.1.E.L.D. Jr1	- Guar2ians Jr2		*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 (3-5 years old) - 55 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 & CHEER - 55 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 1 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.

JUMPS/CHEER PREP – 55 minutes: 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.