



White Rock Tumble & Cheer

Spring Session 1 Class Schedule

January 7th - February 22nd (7 Week Session)



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2:00 pm | | | | | - *Preschool | <p style="text-align: center;">Saturdays at White Rock Tumble & Cheer are for BIRTHDAYS!!!</p> <p style="text-align: center;"><u>Available Times:</u> 1:30 p.m. – 3:00 p.m. 3:30 p.m. – 5:00 p.m. 5:30 p.m. – 7:00 p.m.</p> |
| 3:30 pm | - Basic 1 Tumble | - *K/1 Tumble - Basic 1 Tumble - Cheer & Tumble Private Class | - Basic 1 Tumble - Basic 2 Tumble - Berry Private Class - Downey Private Class | - Basic 1 Tumble | - Basic 1 Tumble - 4th Grade Private Class | |
| 3:45 pm | - *K/1 Tumble - *Preschool Gym | | | - *Preschool Gym - *K/1 Tumble | - Kent Private Class | |
| 4:30 pm | - Basic 1 Tumble - Boys Only Class - Back Handspring - Pincoffs Private Class | - *K/1 Tumble - Basic 1 & 2 - Back Handspring - Salge Private Class | - *K/1 Tumble - Basic 1 Tumble - Basic 2 Tumble | - Basic 1 Tumble - Basic 2 Tumble - Back Handspring | - *Preschool & K/1 - Acro - Basic 1 Tumble | <p style="text-align: center;">Classes are Session based (7 Week Session):</p> <p style="text-align: center;">*45 minute classes - \$115 55 minute classes - \$140 Annual Registration - \$35</p> |
| 5:30 pm | - Basic 2 Tumble - Back Handspring - Series | - Basic 1 Tumble - Basic 2 Tumble - Back Handspring | - Basic 1 Tumble - Back Handspring - Series | - Back Handspring - Series/Tuck | - Basic 2 Tumble - Back Handspring | |
| 6:00 pm | | | | - Sparkle (6-7:30) | | |
| 6:30 pm | - Back Handspring - Back Tuck & Up - High School Only | - Flyer Flex - Jumps & Cheer Prep | - Basic 2 Tumble - Back Handspring - Back Tuck & Up | | | <p style="text-align: center;"><u>Session Dates:</u></p> <p style="text-align: center;">Our Session dates are just for Billing purposes</p> <p>Spring Session 1: January 7 – February 22 Spring Session 2: February 25 – April 18 Spring Session 3: April 22 – May 31</p> <p>PLEASE NOTE: All enrollments will automatically be rolled over and billed accordingly unless a drop notice is received before the start of the next session.</p> |
| 7:00 pm | | - WRE 5th Grade Raiders | | | | |
| 7:30 pm | | - Basic 2/Back Handspring | - Jumps & Cheer Prep | - WRE 6th Grade Titans | | |

CLASS DESCRIPTIONS

PRESCHOOL GYM | Boys & Girls | 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 & CHEER - 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 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. To exit this class a student must perform a layout, standing back tuck and three back handsprings to layout.

FLYER FLEXIBILITY- 55 minutes

There are no prerequisites for this class. This class is designed for athletes that want to increase their flexibility. Individual and partner stretching will be focused on, as well as, flying skills such as heel stretch, scorpion, scale and arabesque.