



# White Rock Tumble & Cheer

## Summer Class Schedule

(Join Anytime, Price Will Be Prorated)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00 a.m.</b> - <b>3:00 p.m.</b>	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Summer Camp	<b>Saturday's at White Rock Tumble &amp; Cheer are for BIRTHDAYS!!!</b> <u>Available Times:</u> 11:00 a.m. – 12:30 p.m. 1:00 p.m. – 2:30 p.m. 3:00 p.m. – 4:30 p.m. 5:00 p.m. – 6:30 p.m.
<b>3:00 p.m.</b>	-Basic 1 Tumble	-Basic 1 Tumble	-Basic 1 Tumble -Basic 2 Tumble -Back Handspring	-Basic 1 Tumble -Basic 2 Tumble	-Basic 1 Tumble -Basic 2 Tumble	
<b>3:15 p.m.</b>	-*Preschool Tumble -*K/1 Tumble	-*Preschool Tumble -*K/1 Tumble	-*Preschool Tumble	-*Preschool Tumble *K/1 Tumble	-*K/1 Tumble	
<b>4:00 p.m.</b>	-*Preschool Tumble -Basic 1 Tumble - Back Handspring -Boys Only Class	-*K/1 -Basic 2 Tumble Back Handspring -Series	-*K/1 Tumble -Basic 1 Tumble -Basic 2 Tumble -Series	-Basic 1 Tumble -Basic 2 Tumble -Back Handspring -Series	-*Preschool -Basic 1 Tumble -Basic 2 Tumble	<b>Classes are Session based 5 Week Sessions:</b> *45 minute classes - \$80 55 minute classes - \$100 Annual Registration - \$35 Open Gym - \$5 each Season Pass - \$300
<b>5:00 p.m.</b>	-*K/1 Tumble -Basic 2 Tumble -Series -Tuck & Up	-Basic 1 Tumble -Basic 2 Tumble -Back Handspring -Series	-Basic 1 Tumble -Back Handspring -Series -Tuck & Up	-Back Handspring -Series -Back Tuck -Layout/Twist	-Basic 1 Tumble -Back Handspring -Series	
<b>6:00 p.m.</b>	-Back Handspring -Tuck & Up -High School Age Tumble -Jumps/Cheer Prep	-Back Handspring -Back Tuck -Layout/Twist -Jumps/Cheer Prep	-Basic 2 Tumble -Back Handspring -Tuck & Up -Jumps/Cheer Prep	-Back Handspring -Tuck & Up -High School Age Tumble -Jumps/Cheer Prep		
<b>7:00 p.m.</b> - <b>8:30 p.m.</b>	Open Gym	Open Gym	Open Gym	Open Gym		<u>Session Dates:</u> <b>(Just for Billing purposes)</b> <b>Summer Session 1:</b> June 3rd – July 12th (Closed Week of July 4th) <b>Summer Session 2:</b> July 15th – August 16th  *All enrollments will automatically be rolled over unless drop notice is receive before the start of the next session*

# 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.