



White Rock Tumble & Cheer FALL Class Schedule 2025

Registration Opens July 15th!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:30 a.m.					-Williams K1 Private			
10:30 a.m.					-Tot & Me Tumble			
12:00 p.m.								
1:30 p.m.	-Goins Private (1:15pm)				-Preschool			
2:30 p.m.					-Preschool		-Cheer Prep/Jumps (2pm)	Classes are Session based Session 1: 9 Weeks 55 minute classes -\$225 (2/week for \$337.50) Mondays & Sundays (8 weeks - \$200) Session 2: 9 Weeks 55 minute classes -\$225 (2/week for \$337.50) Saturdays, & Sundays (8 weeks - \$200) *\$40 Annual Enrollment Fee Session Dates: (for billing purposes) <i>Fall Session 1: August 11th - October 12th</i> <i>Fall Session 2: October 13th - December 19th</i> (Closed August 30th- Sept 1st, & Nov 24th-Nov 30th) *All enrollments will automatically be rolled over from session 1 to 2 and to Spring 1 & 2 unless drop notice is received before the start of the next session* *We will try our best to keep the same instructor, however they may possibly change*
3:30 p.m.	-K1 -Basic 1 -Basic 2 -Back Handspring	-Skipwith Private -Greenway -Basic 1	-LWE 3rd Private -LWE 5th Private -Basic 1 -Basic 2/BHS	-Preschool -K1 -Basic 2 -Back Handspring	-K1 -Basic 1/Basic 2		-Cheer Prep/Jumps (3pm)	
4:30 p.m.	-Preschool -Basic 1 -Basic 2 - LHDA Beginner Acro	-Wiggins Private -K1 -Basic 2 -BHS/Series	-Preschool -Basic 1 -BHS/Series -Back Tuck	-Bird K1 Private -MPE 2nd Private -BHS/Series -Back Tuck	-Basic 2 -Back Handspring -4th Grade Cheer Group		Open Gym Ages 10 & up (4pm)	
5:30 p.m.	-Cordell Private -Basic 1 -Basic 2 -BHS/Series	-Basic 1 -Basic 2 -Back Handspring -LHDA Advanced Acro	-K1 -Basic 2 -BHS/Series -Back Tuck	-K1 -Basic 1 -Basic 2 -Back Handspring	-BHS/Series -Back Tuck			
6:30 p.m.	-Basic 1 -Basic 2 -Back Handspring -Tuck & Up	-Basic 1 -Basic 2 -BHS/Series -Layout/Twist	-Basic 1/Basic 2 -Back Handspring -Series -Tuck & Up	-Basic 1 / Basic 2 -BHS/Series -Back Tuck -Layout/Twist				
7:30 p.m.	-Open Gym Ages 10 & up	-Cheer Prep/Jump -Open Gym Ages 10 & up	-Open Gym Ages 10 & up	-Cheer Prep/Jump -Open Gym Ages 10 & up				

White Rock Tumble & Cheer • 6510 Abrams Rd. Ste 100 • Dallas, TX 75231 • (214) 445-8833

www.whiterocktumble.com

Class Descriptions - Boys & Girls

PRESCHOOL GYM 3-5 years old - Our goal in this program is to Develop gymnastics skills, gross motor skills, fine motor skills, and movement exploration in a safe, fun setting. These classes offer age appropriate progressive gymnastics Development (see K1 list).

K/1 (KINDER) 5 & 6 years old - This class is a fun, high-energy movement and motor skill development program designed to help children learn all the essential tools needed for beginner tumblers, including body shapes and positions, entry and exit positions, body movement drills, forward and backward rolls, handstands, cartwheels, and round offs.

BASIC 1 TUMBLE CLASS 6 & UP - 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 - This class will focus on basic tumbling skills, the building blocks for all future classes in our program. Basic 2 tumbling skills include: round off, back and front walkovers, cartwheel back walkover, and a strong handstand.

BACK HANDSPRING CLASS - 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 - 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 - 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 - 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 10 & UP - 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.

SIDELINE CHEER 6-11 years old – Perfect for your budding cheerleader, this class is cheer-centric and will focus on cheers, chants, motions and jumps for elementary-aged athletes.