




# White Rock Tumble & Cheer Winter/Spring Class Schedule 2025



**Starts January 6** (New Members may enroll starting December 16th)  
(Fall Classes Automatically Roll Over to Spring, Unless Drop Notice is Received)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
10:00 a.m.						-Basic 1/Basic 2 -Arco		
11:00 a.m.						-Basic 1 -BHS/Series		
12:00 p.m.						-Back Handspring -Back Tuck		
1:30 p.m.	-Goins Private (1:15pm)				-Preschool		-Cheer Prep/Jumps	
2:00 p.m.					-Preschool (2:30)		-Cheer Prep/Jumps	
3:30 p.m.	-K1 -Basic 1 -Basic 2 -Back Handspring	-Panthers Private -LHE 3rd Grade (Private Class) -Basic 1 -BHS/Series	-K1 -Basic 1 -Basic 2/BHS -LWE 4th Grade Girls (Private Class)	-Preschool -K1 -Basic 2 -Back Handspring	-Preschool -Basic 1/Basic 2			
4:30 p.m.	-Preschool -Basic 1 -Basic 2 -BHS/Series	-Preschool -K1 -Basic 2 -BHS/Series	-The OGs Private Class -Basic 1 -Back Handspring -Series/Tuck	-Basic 1 -Basic 2 -Back Handspring -Series/Tuck	-Basic 1/Basic 2 -BHS/Series			
5:30 p.m.	-MPE Sparkle Squad -Basic 1 -Basic 2 -BHS/Series	-Purple 7 (Private Class) -Basic 1 -Basic 2 -Back Tuck	-K1 -Basic 2 -Back Handspring -Series/Tuck	-K1 -Basic 1 -Basic 2 -Back Handspring	-Basic 1/Basic 2 -BHS/Series			
6:30 p.m.	-Back Handspring -Tuck & Up -LH JV	-Back Handspring -Series/Tuck -Layout/Twist -Cheer Prep/Jumps	-Basic1/Basic 2 -Back Handspring -Tuck & Up	-Basic 1 / Basic 2 -BHS/Series -Layout/Twist -Cheer Prep/Jumps				<p><b>Session Dates:</b> <b>(for billing purposes)</b></p> <p><i>Spring Session 1: January 6th - March 23rd</i> <i>Spring Session 2: March 24th - June 1st</i> (Closed March 10th-16th, April 18th-20th, May 10th-11th, May 23rd-25th)</p> <p><b>*All enrollments will automatically be rolled over from session 1 to 2 unless drop notice is received before the start of the next session*</b></p> <p><i>*We will try our best to keep the same instructor, however they may possibly change*</i></p>
7:30 p.m.								

## **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 12 & 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.