



White Rock Tumble & Cheer

Spring Class Schedule 2026

Sign up online starting December 15th, current enrollments roll over!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
10:30 a.m.					-Williams K1 Private			
1:30 p.m.	-Goins Private (1:15pm)				-Preschool			
2:30 p.m.				-Dinwiddie Private Class	-Preschool		-B2/BHS (2pm) -Cheer Prep/Jumps (2pm)	
3:30 p.m.	-K1 -Basic 1 -Basic 2/BHS -Back Handspring	-Skipwith Private -Greenway -Basic 1 -Basic 2/BHS	-LWE 3rd Private -K1 -Basic 1 -Basic 2/BHS	-Preschool -K1 -Basic 2 -Back Handspring	-K1 -Basic 1/Basic 2 -Back Handspring		-BHS/Series (3pm) -Cheer Prep/Jumps (3pm)	<p>Classes are Session based</p> <p>Session 1: 10 Weeks 55 minute classes -\$250 (2/week for \$375)</p> <p>Session 2: 10 Weeks 55 minute classes -\$250 (2/week for \$375) (Mondays & Fridays 9 weeks - \$225, Sundays 7 weeks - \$175) *\$40 Annual Enrollment Fee</p>
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 -Intro to Cheer		Open Gym Ages 10 & up (4pm)	
5:30 p.m.	-Basic 1 -Basic 2 -BHS/Series -Tuck & Up	-Basic 1 -Basic 2 -Back Handspring -Tuck & Up	-K1 -Basic 2 -BHS/Series -Back Tuck	-K1 -Basic 1 -Basic 2 -Back Handspring	-Basic 1 -BHS/Series -Tuck & Up			<p>Session Dates: (for billing purposes)</p> <p><i>Spring Session 1: January 5th-March 22nd (Closed March 14th-21st)</i></p> <p><i>Spring Session 2: March 23rd- May 31st (Closed April 3rd-5th, May 10th, May 23rd-25th)</i></p>
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 -Cheer Prep/Jump	-Basic 1 / Basic 2 -BHS/Series -Back Tuck -Layout/Twist				<p>*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, no refund will be issued if a drop notice is not received *</p> <p>*We will try our best to keep the same instructor, however they may possibly change*</p>
7:30 p.m.	-Open Gym Ages 10 & up	-Cheer Prep/Jump -Ages 12 & Up Tumble -Open Gym Ages 10 & up	-Open Gym Ages 10 & up	-Cheer Prep/Jump -Open Gym Ages 10 & up				



SATURDAY Birthday Parties
Available Times:
2:30 – 4:00 p.m.
4:30 – 6:00 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 **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.