



White Rock Tumble & Cheer

FALL Class Schedule 2022

Sign Up Today!



	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30 a.m.						
10:00 a.m.						
1:00 p.m.					– Bogan Private	
3:30 p.m.	<ul style="list-style-type: none"> - Preschool - Basic 1 - Basic 2 - Back Handspring 	<ul style="list-style-type: none"> - K1 - Basic 1 - Basic 2/BHS - Series/Tuck 	<ul style="list-style-type: none"> - Shoemaker Private - Preschool - Basic 1 - Basic 2/BHS 	<ul style="list-style-type: none"> - Basic 1 - Basic 2 - Back Handspring - Series/Tuck 	<ul style="list-style-type: none"> - Busch Private - Basic 1/2 - 4th Grade Cheer (Private) 	
4:30 p.m.	<ul style="list-style-type: none"> - Ritchie 1st Private - Ritchie 3rd Private - Pinkus Private - K1 - Back Handspring 	<ul style="list-style-type: none"> - Dent B1 Private - Dent B2 Private - Reza PS Private - Reza K1 Private 	<ul style="list-style-type: none"> - Basic 1 - Basic 2 - Back Handspring - Series/Tuck 	<ul style="list-style-type: none"> - Berry Private - Diaz Private - K1 - Basic 2 	<ul style="list-style-type: none"> - Basic 2/BHS - Sideline Cheer - 6th Grade Cheer (Private) 	
5:30 p.m.	<ul style="list-style-type: none"> - K1 - Basic 1 - Basic 2/BHS - Layout/Twist 	<ul style="list-style-type: none"> - Musgrave Private - Basic 1 - Basic 2 - Back Handspring/Series 	<ul style="list-style-type: none"> - K1 - Basic 2 - Back Handspring - Series/Tuck 	<ul style="list-style-type: none"> - Bogan B2 Private - Basic 1 - Back Handspring - Layout/Twist 		<p>Classes are Session based</p> <p>Session 1 : 9 Weeks 55 minute classes - \$198 (2/week for \$297)</p> <p>Session 2 : 8 Weeks 55 minute classes - \$176 (2/week for \$264)</p> <p><i>Annual Registration - \$40</i></p>
6:30 p.m.	<ul style="list-style-type: none"> - Winters Private - High School Tumble - Jumps/Cheer Prep - Tuck & Up 	<ul style="list-style-type: none"> - Dahlberg Private - Basic 2/BHS - LHHS Cheer 	<ul style="list-style-type: none"> - Hamilton Private - Basic 1 - Basic 2/BHS - Tuck & Up 	<ul style="list-style-type: none"> - Impact 		<p>Session Dates: (for billing purposes)</p> <p>Fall Session 1: August 22nd – October 21st</p> <p>Fall Session 2: October 24th - December 23rd <i>(Closed Aug 26th, Sept 5th & November 21st – 25th)</i></p>
7:30 p.m.				<ul style="list-style-type: none"> - Impact 		<p>*All enrollments will automatically be rolled over unless drop notice is received before the start of the next session*</p>

Class Descriptions - Boys & Girls

PRESCHOOL GYM 3-5 years old - 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 (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 includes: 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.

