



# White Rock Tumble & Cheer FALL Class Schedule 2023 Sign Up Now!



	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday	
1:00 p.m.		-K/1			-Bonn Private -Goudge (1:30)	-Tuck & Up -Jumps/Cheer Prep	
2:00 p.m.						-Basic 2/Back Handspring -Jumps/Cheer Prep	
3:30 p.m.	-K1 -Basic 1 -Basic 2 -Back Handspring	-Basic 1 -Basic 1 -Basic 2 -Back Handspring	-Basic 1 -Basic 2/BHS -Ivey Private -McCormack Private	-Preschool -Basic 1/Basic 2 -Back Handspring -Spangler Private	-Basic 1 -Basic 2 -WRE 5th Grade		
4:30 p.m.	-Preschool -Back Handspring -Back Tuck -McCaffrey (K1) Private	-Preschool -K1 -Basic 1/2 -BHS/Series	-Basic 1 -Gray Private BHS/Tuck -Hunter B2/BHS -Berry Private	-Basic 2 -Back Handspring -Dillard (K1) Private -Greenway (B1) Private	-Basic 2/BHS -Roberts 3rd Grade Private -WRE 4th Grade		
5:30 p.m.	-Jones Private -Basic 1 -BHS/Series -Winters Private	-Basic 1 -Basic 2 -BHS/Series -Tuck & Up	-K1 -Basic 2/BHS -Series/Tuck	-Basic 1 -Basic 2 -Back Handspring -Series/Tuck	-BHS/Series -Basic 1		<p><b>Classes are Session based</b></p> <p><b>Session 1: 9 Weeks</b> 55 minute classes -\$198 (2/week for \$297)</p> <p><b>Session 2: 8 Weeks</b> 55 minute classes -\$176 (2/week for \$264)</p>
6:30 p.m.	-Back Handspring -Tuck and Up -High School Tumble	-Back Handspring -Series/Tuck -Layout/Twist -LH Freshman	-Basic 2/Back Handspring -Series/Tuck	-BHS -Series/Tuck -Layout/Twist			<p><b>Session Dates:</b> <b>(for billing purposes)</b></p> <p><i>Fall Session 1: August 21st-October 20th</i> <i>Fall Session 2: October 23rd-December 22nd</i> (Closed Sept 3rd- 4th, &amp; November 20th-24th)</p>
7:30 p.m.							<p>*All enrollments will automatically be rolled over from session 1 to 2 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 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.