

MON	TUES	WED	THU	FRI	SAT	SUN
LEVEL 1/2 TUMBLING 5-6 PM	LEVEL 4 TUMBLING 6-7 PM	LEVEL 1/2 TUMBLING 5-6 PM	FLYER/FLEX CLASS 5-6 PM	OPEN GYM 7-9 PM	OPEN TUMBLING 11 AM-12:30 PM	KRYPTONITE 10 AM-12 PM
BABY BLING 5:30-6:15 PM	ONYX 7-9 PM	FLYER/FLEX CLASS 5-6 PM	EMERALDS 5:45-7:30 PM		SHINING STARZ 11 AM-12 PM	SAPPHIRES 11 AM-1 PM
PEBBLES 5:45-6:45 PM	SLATE 7-9 PM	TINY TUMBLING 5:15-6 PM	DIAMONDS 7-9 PM		FLYER/FLEX 12:30-1:30 PM	TITANIUM 1-3 PM
FLYER/FLEX 5:45-6:45 PM		LEVEL 3 TUMBLING 6-7 PM	SAPPHIRES 7:30-9:15 PM			ONYX 3-5 PM
LEVEL 5 TUMBLING 6-7 PM		JEWELS 6-7:30 PM				SLATE 3-5 PM
JEWELS 6:45-8:15 PM		KRYPTONITE 7-8:30 PM				EMERALDS 5-7 PM
DIAMONDS 7-9 PM		TITANIUM 7-9 PM				DIAMONDS 6-8 PM
OPEN TUMBLING 8-9 PM						



Tumbling

Drop-In Pricing*

Non-NAC Member.....\$15 per class
 NAC Member.....\$10 per class
 Friday Open Gym.....\$10 (non-RS)
 *Classes are included in RS Tuition



Private Lessons

Please text coaches directly to schedule private lessons!

- Scott 267-228-3290
- Matt 267-980-1914
- Eric 267-939-5648

30 Minutes---Instructor-----Master Instructor

1 Person..... \$30 \$35
 2 People..... \$40 \$50
 3 People..... \$45 \$60

60 Minutes---Instructor-----Master Instructor

1 Person..... \$60 \$70
 2 People..... \$70 \$80
 3 People..... \$75 \$90
 4 or More (per person)....\$20.....\$25

Class Descriptions

Tiny Tumbling

This class is for athletes ages 3-6 years old. Athletes will work on coordination, listening skills, team building, handstands, forward rolls, backward rolls, cartwheels and walkovers.

Level 1/2

Beginners through back handsprings. Skills include rolls, both front and back walkovers, cartwheels, round offs, handstands, back handsprings, and specialty variations.

Level 3

Skills include standing back handspring series, round off and round off back handspring tucks, and specialty passes including front walkover and step-out though, punch fronts, and aerials.

Minimum requirements are standing and running handsprings with aggressive rebounds.

Level 4

Skills include standing tucks, standing series to tucks, round off back handspring layouts, and specialty passes including punch front step-outs as well as both whip through and bounding whips.

Minimum requirement is a strong round off back handspring tuck with exceptional form.

Level 5

Skills include jumps to tuck, standing series to twisting skills, standing fulls, round off back handspring full/doubles, and specialty passes including those listed under level 4 as well as arabian step-outs, full through, and other twisting specialties. Minimum requirement is a strong specialty pass to round off back handspring layout with exceptional form.

Open Gym: Ages 6 & over

Come tumble, stunt or trick! This is a supervised open gym where athletes can work on skills of their choice. Coaches will be available to spot skills or stunt with athletes.

Open Tumbling: Ages 6 & over

This is a class in which all levels can participate to improve their tumbling skills. All drills implemented in this class are custom designed for each athlete's individual tumbling needs.

Flyer/Flex

Flexibility is so important for all athletes! Improve your flexibility which will help your jumps, tumbling & stunting skills. This is an overall win-win class for any athlete.

Follow us on social media for the latest updates!



@officialrockstarz



Rock Starz All Stars