

# JAY ROCK'S GYM

## 2017-2018 CLASS SCHEDULE

### TUMBLING CLASSES

All Tumbling classes are 1 hour

**Basic Tumbling:** (No experience) Focus on all Basic Tumbling Skills

**Level 1 Tumbling:** (Beginner) Focus on Front & Back Walk-overs

**Level 2 Tumbling:** (Intermediate) Focus on Front & Back Handsprings

**Level 3 Tumbling:** (Advanced) Focus on Front & Back Tucks

**Level 4 Tumbling:** (Elite) Focus on Layouts, Whips, Twisting, etc.

**Basic and Levels 1 & 2 are offered on the following days:**

Monday: 2-3pm, 3-4pm, 4-5pm, 5-6pm  
 Tuesday: 2:30-3:30pm, 3:30-4:30pm, 4:30-5:30pm  
 Wednesday: 3-4pm, 4-5pm, 5-6pm  
 Thursday: 2-3pm, 3-4pm, 4-5pm, 5-6pm

**Level 3 is offered on the following days:**

Tuesday: 6-7pm, 7-8pm  
 Wednesday: 5-6pm  
 Thursday: 4-5pm, 7-8pm

**Level 4 is offered on the following days:**

Tuesday: 3-4pm, 6-7pm, 7-8pm  
 Thursday: 4-5pm, 7-8pm

### NEW JUMPS & FLYING CLASSES

Tuesday: 5:30-6:00pm, 8:00-8:30pm  
 Wednesday: 4:30-5:00pm  
 Thursday: 4:30-5:00pm, 8:00-8:30pm

**Email us directly at ([jayrocksgym@sbcglobal.net](mailto:jayrocksgym@sbcglobal.net)) if you have interest in a class not listed above because our goal is to satisfy your needs!**

### CHEER CLASSES

"Non-Competition" For Beginners

**Monday 5:00-6:30pm**

**Wednesday 5:00-6:30pm**

Class runs for 1.5 hours, not 1 hour as do our tumbling classes

**CHEER CLASS WILL ALSO INCLUDE TUMBLING**

In addition to tumbling, this class will focus on:  
**\*MOTIONS\*JUMPING\*STUNTING\*DANCING**

### **"ROCK CITY" All-Star Squads**

(COMPETITION CHEERLEADING SQUADS)

**Mid-year entrances ONLY upon evaluation!!!**

### **Kitties All-Star Prep (Level 1 Show Team):**

(Ages 5-8 / All-Stars attend ONE tumbling class & a weekly team practice)

### **Wildcats All-Star Prep (Level 2):**

(Grades 3-6 / All-Stars attend BOTH tumbling & team practice weekly)

### **Panthers All-Star Prep (Level 3):**

(Grades 3-7 / All-Stars attend BOTH tumbling & team practice weekly)

### **Jaguars All-Star (Level 3/4):**

(Grades 4-8 / All-Stars attend BOTH tumbling & 2 team practices weekly)

## COME IMPROVE YOUR SKILLS

AT "OPEN GYMS"

ON SELECT SATURDAYS 1-3pm

Only \$15

### Tuition Rates

\$50 initial enrollment fee for each student
\$25 yearly re-enrollment fee for returning students
<b>Class Tuition</b>
Tumbling Class \$80 Per Month, 2 classes weekly \$130 Per Month
Cheer Classes \$100 Per Month
Jump & Flying Classes \$50 per month / 2 classes weekly \$90 Per Month

*Classes Start on August 21st / Registration officially begins on July 21st!*

**(214)637-JUMP (5867)**

1100 Conveyor Ln. Dallas, TX 75247

Visit us online at: [www.jayrocksgym.com](http://www.jayrocksgym.com)

**Email us directly at: [jayrocksgym@sbcglobal.net](mailto:jayrocksgym@sbcglobal.net)**