

JAY ROCK'S GYM

2018-2019 CLASS SCHEDULE

TUMBLING CLASSES

All Tumbling classes are 1 hour

Basic Tumbling: (No experience) Focus on all Basic Tumbling Skill

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

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

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

Level 4 Tumbling: (Elite) Focus on Layouts and Whips

Level 5 Tumbling: (Super Elite) Focus on Twisting and Doubles

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

Monday: 3-4pm, 4-5pm, 5-6pm

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

Wednesday: 3-4pm, 4-5pm, 5-6pm

Thursday: 3-4pm, 4-5pm

Level 3 is offered on the following days:

Monday: 6:30-7:30pm

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

Wednesday: 4-5pm, 5-6pm

Thursday: 4-5pm, 7-8pm

Levels 4 & 5 are offered on the following days:

Monday: 6:30-7:30pm

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

Wednesday: 4-5pm, 5-6pm

Thursday: 4-5pm, 7-8pm

Email us directly at (jayrocksgym@sbcglobal.net)

**if you have interest in a class not listed above
because our goal is to satisfy your needs!**

CHEER CLASS

"Non-Competition" For Beginners

Monday 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**

STUNTING CLASSES

Tuesday 6:00-7:00pm

Thursday 6:00-7:00pm

**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
<u>Class Tuition</u>
Tumbling or Stunting Class \$80 Per Month, 2 classes weekly \$130 Per Month
Cheer Classes \$100 Per Month

Classes Start on August 20th / Registration officially begins on July 16th!

(214)637-JUMP (5867)

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Visit us online at: www.jayrocksgym.com

Email us directly at: jayrocksgym@sbcglobal.net