

# JAY ROCK'S GYM

## 2019-2020 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 & 5 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: 2-3pm, 3-4pm, 4-5pm, 6-7pm

Wednesday: 2-3pm, 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: 4-5pm, 5-6pm

Thursday: 5-6pm, 6-7pm

**Level 4 & 5 is offered on the following days:**

Tuesday: 6-7pm, 7-8pm

Thursday: 5-6pm, 6-7pm

**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 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**

### STUNT CLASS

Class focuses on Flyer & Basing as well as stretching!

**TUESDAY 6-7pm**

### JUMP CLASS

Class focuses on stretching & Jumps!

**TUESDAY 8:00-8:45pm**

## COME IMPROVE YOUR SKILLS AT "OPEN GYMS"

**ON SELECT "MONDAYS" 6-8pm**

*OPEN GYM WILL NO LONGER BE ON SATURDAY!*

**NEW OPEN GYM PRICE: Only \$10 for everyone!**

### Tuition Rates

\$50 initial enrollment fee for each student

\$25 yearly re-enrollment fee for returning students

#### Class Tuition

Tumbling Class \$80 Per Month, 2 classes weekly \$140 Per Month

Cheer Class \$110 Per Month

Jump Class \$60 per month

**Classes Start on August 26th / Registration officially begins on July 22nd!**

**(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)**