

ROCK SOLID ALLSTARS

Class Schedule updated 8-1-22

Class and Level Description

Level 1	Works on forward rolls, handstands, cartwheels, roundoffs, backbends, back walkover and more.
Level 2	Works on back handspring, roundoff backhandspring, front walkover/front handspring & specialty thrus
Level 3	Works on toe Touch BHS, Roundoff Back Tuck, Roundoff BHS Tuck, Punch Front & Specialty Thrus
Level 4	Works on Stand Back Tuck, Standing BHS Tuck & layout, Round Off BHS Layout & specialty thrus
Level 5	Works on Roundoff BHS Full Twist & Dbl , Toe Touch Back Tuck, Punch Front & Combo skills
Flyer/Stretch	Designed to improve flexibility for stunting, level appropriate body positions for stunts, jumps etc.
Skills Class	Basic training/cheer 101, motions, level appropriate jumps and jump approach, level appropriate technique, Basic tumbling
Private Basic	Jumps, motion technique and beginning stunting/tumbling
Private Stunt	Designed to improve stunting skills and elite partner skills
Private Tumbling	Designed to be taught based on individual abilities and needs

Tumbling/Flyer Stretch/Cheer Tech/Stunt

	Mon.	Tue.	Wed.	Thurs	Fri.
Level 1	7:00-8:00 PM	5:00 - 6:00 PM		4-5:00 PM	POP UP
Level 2	7:00-8:00 PM	5:00 - 6:00 PM		4-5 & 6-7	OPEN GYMS
Level 3				6-7 PM	FOLLOW US:
Level 4				6-7 & 7-8 PM	IG AND FB
Level 5				7-8PM	
Skills Class				6:00-7:00	
Flyer/Stretch	6:30 & 7:00 **	6:30 & 7:00 **			
Jump Class		7-7:30 pm	4:30-5:00 pm		

*This class is for team members only

PRIVATES FOR STUNT, TUMBLE, BASIC TECHNIQUE OR STRETCH ARE AVAILABLE MONDAY THRU THURSDAY BY APPT

Classes are open to all registered team members and registered non-team members

Conditions and fees

New members pay a \$40.00 yearly registration fee

One hour class per week \$60.00 per month or \$20.00 per class

Two -one hour classes per week \$100.00 per month

One 30 minute Jump class - \$30 per month

Friday - Open Gym (OG) 6-8pm \$10.00 per class - cash only - POP UP BASIS AT THIS TIME.

All classes are billed on a monthly basis. If you take just one class in a month, you will be billed for the entire month. Pro-rations only apply to first-time members.

Private classes start @ \$35 or Semi-privates (2 participants) @ \$50 per 30 minutes