

NEW - ROCK SOLID ACADEMY Class Descriptions

2299 Cardigan Ave, Columbus OH 43215
 614-937-1818 for Info
 614-481-7728 (Gym)

8 Week Session *No discounts for 30 min classes
 \$144.00 / 8 weeks (1 hr class) \$96.00 / 8 weeks (30 min class)
 \$120.00 / 8 weeks (Sibling / Multiple Class Discount)

Primary Program	Age	Required	Skills worked
"Tall & Small" - Parent/Tot (30 min)	10-23 months	NA	Parent/Child class that incorporates body awareness, strength building and agility for young athletes
Twinkle Babies (30 min)	2-3 years	NA	Gymnastics/Tumbling combination skills class for preschool age athletes
Super Stars - Gymnastics (1 hr)	4-5 years	NA	Gymnastics Skills Class - Introduction to skills on Vault, Bars, Beam, Floor
Super Stars - Cheer Skills & Tumble (1 hr)	4-5 years	NA	introduction to tumbling skills, jumps, stunts, motions & other cheer skills
Super Stars - Tumbling Skills (1 hr)	4-5 years	NA	Focuses on basic tumbling skills; Cartwheels, Round off, Bridge Kickovers, walkovers etc.
Super Stars - Dance Combo (1 hr)	4-5 years	NA	Introduction to jazz, hip hop combination dance skills, focusing on memory and sequence dance skills
Super Stars -Ninja Boys (1 hr)	4-5 years	NA	Obstacle training & tumbling for boys: Focuses on building speed, agility, strength and body awareness
Tumbling Program			* All athletes w/questionable "tumbling fears" should go into "Skills" classes
LTD "Learn to do" Basics	11 & Up	NA	Basic Skills: Cartwheels, Round offs, Hurdles, rolls, bridges, backbends, building core body shapes
LTD "Learn to do" Basics	6-10 yrs	NA	Basic Skills: Cartwheels, Round offs, Hurdles, rolls, bridges, backbends, building core body shapes
Tumbling Skills - BLACK	6 & up	Clean running/Standing Cartwheel	For athletes that have some experience with basics. Focus on technique for Backbend, kickovers, F-limbers, round offs etc.
Tumbling Skills - GOLD	6 & up	Front limber, Bridge Kick over	For athletes focusing on mastering and technique of back and front walkovers/specialty passes & combos
LTD "Learn to do" BHS Skills/Drills	6 & Up	Back/Front walkover /Quality RO	Basic foundation of learning a Back handspring - Shapes, drills, strength, Flex, connections of running, skill understanding
BHS Skills	11 & Up	Spotted BHS w/quality form	Must understand techniques of BHS shapes - Focus on achieving the BHS/RO BHS byself on different surfaces
BHS Skills	6-10 yrs	Spotted BHS w/quality form	Must understand techniques of BHS shapes - Focus on achieving the BHS/RO BHS byself on different surfaces
S & Q "Speed & Quality" BHS	6 & Up	BHS and RO BHS on floor byself	Focus on speed and quality of BHS Skills, drills, emphasis on quality form and technique, learn variety passes with BHS's
LTD "Learn to do" TUCK Skills/Drills	6 & Up	Stand 5 BHS, Run RO 3 BHS w/quality Form	Basic foundation of learning a Back/front tuck - Emphasis of Shapes, drills, strength, form, control, technique.
TUCK Skills	6 & Up	Spotted Tuck w/quality form, Understand tech/form	Must understand techniques of Tuck shapes - Focus on achieving Front/Back Tuck byself on different surfaces
S & Q "Speed & Quality" Tucks	6 & Up	RO tuck on floor byself, st. tuck off panel mat byself	Focus on speed and quality of Tuck Skills, drills, emphasis on quality form and technique, learn variety passes with tucks
Elite Tumbling	6 & Up	Coach recommendation - Solid Skills w/technique and form	Focus on learning Elite passes w/ Layouts, Fulls, whip Passes, front tumbling.
Gymnastics Program			
Beginner Gymnastics - BLACK	6 & Up	NA	Gymnastics Skills Class - Introduction to skills on Vault, Bars, Beam, Floor (USAG Level 1 Skill chart)
Beginner Gymnastics - GOLD	6 & Up	B: PO/Back Hip, F: bridge KO, BB: HS dis, Pivot, St Jump, V: Roll on St Mat	Gymnastics Skills Class - Mastering skills on Vault, Bars, Beam, Floor (USAG Level 1, Start learning Level 2)
Intermediate Gymnastics - BLACK	6 & Up	F: F-limber kick & HS f-roll, B: L1, V: HS flat, BB: HS, 1/2 turn	Gymnastics Skills Class - Mastering skills on Vault, Bars, Beam, Floor (USAG Level 2)
Intermediate Gymnastics - GOLD	6 & Up	Coach recommendation - Solid Skills L1-2 Skills	Gymnastics Skills Class - Mastering skills on Vault, Bars, Beam, Floor (USAG Level 2, Start learning Level 3)
Advanced Gymnastics - BLACK	6 & Up	F: BHS, BB: Cart & HS, V: Qual Flatb, B: mill, F-hip	Gymnastics Skills Class - Mastering skills on Vault, Bars, Beam, Floor (USAG Level 3)
Advanced Gymnastics - GOLD	6 & Up	Coach recommendation - Solid Skills L1-3 Skills	Gymnastics Skills Class - Mastering skills on Vault, Bars, Beam, Floor (USAG Level 4 & Prep Optional)
Specialty Program			
"Acro for Dance" Skills	6 & up	Background in Dance /Acro Skills	Focus on acro skills used in competitive dance, Aerials, Step out skills, rolls, walkovers, chest stands
Boys Ninja & Tumbling	6 & up	NA	Obstacle training & tumbling for boys: Focuses on building speed, agility, strength and body awareness
Jump Zone	6 & up	NA	Focus on flexibility, technique and strength to achieve quality jumps for cheerleading
Flyer Flex & Body Positions	6 & up	Team athletes	Focus on flexibility, technique and strength of body positions for flyers
Trampoline & Tumbling Skills	6 & up	NA	Introduction to Trampoline Skills - Will use double mini, trampolines, tumble track to aquire skills
Dance Combo	6 & up	NA	Introduction to jazz, hip hop combination dance skills, focusing on memory and sequence dance skills
Cheer Skills & Tumbling	6 & up	NA	introduction to tumbling skills, jumps, stunts, motions & other cheer skills
Middle School Tryout Prep	6th-7th	NA (offered Jan-April)	Skills to prepare athletes for school cheer tryouts (motions, jumps, review of tumbling, kicks, splits, entrance)
High School Tryout Prep	8th -11th	NA (offered Jan-April)	Skills to prepare athletes for school cheer tryouts (motions, jumps, review of tumbling, kicks, splits, entrance)