

Rock Solid Back to School Classes 2022

August 15th - September 30th 2022

7 Week Session - Closed Labor Day Mon, Sept 5th 2022

\$140.00 (50 min) 7 Week Session / \$100 (30 min) 7 Week Session Lil'Pebbles/Flyer Flex/Jumps

\$50.00 Yearly Registration Fee /Per family (Mon 6 wk classes \$120 = 1 hr, \$90 = 1/2 hr)

Questions? 614-481-7728 or text 614-937-1818 Register: <https://app.iclasspro.com/portal/rocksolidacademy>

PRIMARY CLASSES Ages 2-5 (Cheer, Gymnastics, Tumbling Combo)

Classes	Monday	Tuesday	Wednesday	Thursday
Lil' Pebbles ages 2-3 (30 min)	6:00-6:30 (SF)	3:30-4:00 (CS) 6:00-6:30 (CS)	4:30-5:00 (CS) 6:00-6:30 (SF)	6:00-6:30 (CS)
Rock Starz ages 4-5 (50 min)	6:00-6:50 (KC) 6:30-7:20 (NK)	4:30-5:20 (AT) 6:00-6:50 (KJ)	5:00-5:50 (CD) 5:00-5:50 (AT)	4:00-4:50 (KC) 6:00-6:50 (KJ)

GYMNASTICS CLASSES Ages 6 & up

Classes	Monday	Tuesday	Wednesday	Thursday
Gymnastics Skills 1	5:00-5:50 pm (CS) 7:00-7:50 (KC)	4:30-5:20 (KC) 5:30-6:20 (GL)	5:00-5:50 (CS) 6:30-7:20 (JS)* combo	5:00-5:50 (KC) 5:30-6:20 (GL)
Gymnastics Skills 2	6:30-7:20 (JS)	4:30-5:20 (GL)	6:30-7:20 (JS)* combo	

CHEERLEADING CLASSES Ages 6 & up

Classes	Monday	Tuesday	Wednesday	Thursday
Youth Cheer Skills/Tumble ages 6-11		6:30-7:20 (CD, AT)	6:00-6:50 (KC & AT)	
Jump Technique & Flex			6:00-6:30 (CE)	
Flyer Flex & Skills - Team Only	5:45-6:00 (BS) 7:00-7:30 (BS)		5:45-6:00 (BS) 7:00-7:30 (BS, AT)	
MS/HS Tumbling (BHS Pre-Req)	6:00-6:50 (BS)		6:00-6:50 (BS)	

DANCE, SPECIALTY, SQUAD TRAINING CLASSES Ages 6 & up

Classes	Monday	Tuesday	Wednesday	Thursday
Dance Acro & Tumbling				4:00-4:50 (MD)
Hilliard BHS/MMS Squad Train	4:00-4:50 PM	(MD, CS, CE, KS, TS)		

TUMBLING CLASSES Ages 6 & up				
Classes	Monday	Tuesday	Wednesday	Thursday
Tumbling Basics	5:30-6:20 (JS) 6:30-7:20 (SF)	5:30-6:20 (CD) 5:30-6:20 (AT)	4:00-4:50 (CD) 5:00-5:50 (KC) 6:00-6:50 (CD)	6:00-6:50 (KC) 7:00-7:50 (KC)
Walkover Skills	5:30-6:20 (NK)	6:30-7:20 (KC)	7:00-7:50 (KC)	7:00-7:50 (KJ)
LTD & Perfect BHS	5:30-6:20 (CE)	5:30-6:20 (KC)	6:30-7:20 (SF) 7:00-7:50 (CD)	
LTD & Perfect BHS - 12 & up	5:30-6:20 (MD)	7:00-7:50 (KJ)		
Perfect BHS	6:30-7:20 (CE)	4:30-5:20 (CD)	6:30-7:20 (CE)*	5:00-5:50 (MD)
Speed & Quality BHS			6:30-7:20 (CE)*	7:00-7:50 (MD)
LTD Tuck Skills			5:30-6:20 (MD)	6:00-6:50 (MD)
Speed & Quality Tuck	6:30-7:20 (MD)*		6:30-7:20 (MD)*	
Elite Tumbling	6:30-7:20 (MD)*		6:30-7:20 (MD)*	

*Combo class with another skill level

Questions about what class would be the best fit?

Text Kelley at 614-937-1818

See Class Descriptions & Pre-Requisites below:

Class Descriptions	Class Focus & Prerequisite Skills (BHS = Back hand spring)
Primary Classes	NA: Boys/Girls Ages 2-5
Gymnastics Skills 1 Vault, Bars, Beam, floor	NA: All skill/age levels welcome 6 & up
Gymnastics Skills 2 Vault, Bars, Beam, floor	Must have Pullover (Bars) Handstand (Beam), Bridge kicker (Floor), Vault Basics
Youth Cheer Skills/Tumble	NA: All skill levels welcome, ages 6-11. This class focus is tumbling, jumps, motions, cheer skills, dance, basic stunting
MS/HS Tryout Prep & Tumbling Only offered Feb-end of May during cheer tryout season	NA: All skill/age levels welcome - 12 & up. This class focus is tumbling, jumps, motions, cheer skills and tryout skills for MS/HS tryouts
MS/HS Tumbling Must have a BHS on floor without spot	7th-12th graders who would like to work on tumbling for middle school and high school cheer. Both spring and flat mat incorporated. Must have BHS
Squad Training	Group tumbling/skill levels for your school program. These are set up by coaching staff at your middle school/high school.
Jump Technique & Flex	For athletes 6 & up that are interested in working on the technique and flexibility of their cheerleading jumps.
Dance Acro & Tumbling	For Dancers interested in working on Acro skills for their dance programs. Class focus is walkovers, aerials, handstand spring step tech, Valdez skills
Boys Tumble & Tramp Skills	NA: Boys Ages 6 & Up - Come burn some energy & Learn some skills
Tumbling Basics	NA: All skill/age levels welcome 6 & up. This class focuses on Cartwheel, Round offs, Back Bends, Bridge kickovers, hurdle tech, speed, strength and flexibility for tumbling skills
Walkover Skills	Must have clean cartwheel, Round off and bridge kick over, front limber on floor. This class focus is back and front walkover (confidence and strength going upside forward and backward)
Learn to do BHS /Perfect my BHS (RO BHS)	Must have a back walkover on floor by self. Understanding of front walkover. Quality round-off rebound. This class focus is learning and perfecting confidence of BHS skills, running and standing as well as combos.
Speed & Quality BHS	Must have safe and semi clean BHS and round off BHS on hard surface by self. This class focuses on building speed and quality of all things with BHS skills
Learn to do Tuck	Must have clean RO BHS series, confident variety BHS skills, clean standing BHS. All on hard surface. This class focus is learning tucks and adding quality BHS skills with progression
Speed & Quality Tuck	Must have basic tuck (running) on hard surface by self, or light spot w/ coach recommendation. This class focuses on building speed and quality of all things