

ROWLAND/BALLARD - ATASCOCITA

SCHOOL-AGE GYMNASTICS & TUMBLING

Administrator: David Worley (Safety Certified) **Program Director:** Terrence Evans (Safety Certified)

The proper foundation for great fun and awesome gymnastics begins at Rowland/Ballard. We provide gymnastics instruction in all Olympic events for boys and girls. Our gymnastics program is based on a proven progressive training system with set skills designed for each level. Our state of the art facility is loaded with great equipment and a professionally trained staff. Our coaches strive to maximize the benefits for each child by balancing all the elements of enjoyment, discipline, and increased self-esteem right along with skill development. We have been teaching children gymnastics for over 35 years!

CLASS RATIO: One hour classes are divided by age / ability level with a maximum student-coach ratio of 8-1.

CLASS REGISTRATION: All students must register through our online PARENT PORTAL. The anniversary registration fee covers each student's participation in all Rowland/Ballard programs for 12 months, and is non-refundable.

Regular Tuition: \$96.00 Per Month (1 Hour)

Labor Day: September 3, 2018

Christmas Holiday: Dec. 23, 2018 – Jan. 5, 2019

Anniversary Registration Fee: \$50

Thanksgiving Holiday: November 20 – 24, 2018

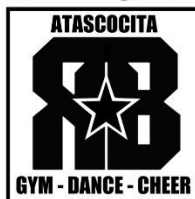
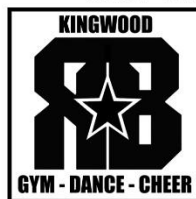
Spring Break: March 11 – 16, 2019

Registration Process: We've done our best to make the online registration easy for you to complete. You must first go to our website and follow the link that has been activated for your class registration. The step-by-step enrollment process is easy to understand. Please call if you have any questions or technical difficulties.

Step 1: Visit our website (www.rowlandballard.com) and "click" the PARENT PORTAL activation link.

Step 2: Once you've activated the PARENT PORTAL link, you will see 4 options to consider for class registration. Simply "click" the tab that represents the location and program you wish to enroll. Follow the online prompts and complete your registration profile form. Call our front desk if you have any questions.

"CLICK" PARENT PORTAL on our website to access the registration activation links.



Select the LOCATION / PROGRAM that you wish to enroll.

GYMNASTICS CLASSES: The Rowland/Ballard gymnastics program introduces children to the fundamental concepts, skills, movement, and body shapes. We do this by carefully designing our training curriculum and by using innovative teaching methods. Each level is designed to help our students learn and improve new gymnastics skills. As students move into more advanced skills; coaches will emphasize strength, flexibility, continued balance development, and new skill introduction. Our primary goal is to use gymnastics instruction and advancement as a way to help develop healthy, happy, and confident children.

G1 / B1 – This entry level of gymnastics introduces new gymnasts to the fundamental skills, concepts, and body shapes.

G2 / B2 / G3 - This intermediate/advance level is a continuation of Level 1 elements into more advanced gymnastics skills. At this level our coaches will emphasize strength, flexibility, continued balance development, and new skill introduction. The purpose for each class is to help our athletes learn new things and improve their technique on the skills they already can perform.

TUMBLING CLASSES: The Rowland/Ballard tumbling program offers the most advanced class development and technical instruction. Our technical expertise and unmatched facility / equipment allows our tumblers to advance beyond the basic tumbling levels. Great tumbling technique is the only way to achieve advanced tumbling skills. Our instructors are the very best at challenging students to grow beyond the basic elements and attain the higher tumbling skills needed to compete.

TUMBLE CUBS ages 5-7 & TUMBLE TIGERS ages 8-11: This class has been specifically designed for our younger tumblers.

ELITE TUMBLE TIGERS ages 8-11: The young tumblers in this group must be able to perform a flip-flop with NO spot.

BEGINNER TUMBLING ages 10+: New to floor tumbling. This class will train cartwheels, round-offs, flip-flops, and round-off flip-flops.

INTERMEDIATE TUMBLING ages 10+: Must be able to perform round-off, cartwheel, and may need lite spot with flip-flop

ADVANCED TUMBLING ages 10+: Athletes in this group must be able to perform (2) flip-flop with NO spot.

SUPER CHEER TUMBLING ages 10+: Our Super Cheer Tumbling class offers an intensified training opportunity for serious cheerleaders. These students will be challenged in tumbling, cheer elements, and conditioning.

MAKE-UP CLASSES: Can be scheduled through the Parent Portal for any missed classes due to family vacations or other summer activities. All make-ups must be scheduled at least 24 hours in advance. "NO SHOWS" count as your make up. Please contact the front desk if you need assistance.

ATASCOCITA LOCATION: SCHOOL AGE GYMNASTICS/TUMBLING

"We have the perfect class for you!"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		2:30 – 3:30 HOME SCHOOL			
	3:45 – 4:45 G1 5-7, G2 5-7 TUMBLE CUBS TUMBLE TIGERS	3:45 – 4:45 G1 5-7, G2 5-7 TUMBLE CUBS TUMBLE TIGERS	3:45 – 4:45 G1 5-7, G2 5-7 TUMBLE CUBS TUMBLE TIGERS		
4:30 – 5:30 G1 5-7, G1 8-11 G1 5-7, G2 5-11 BOYS 5-7 TUMBLE CUBS ELITE TIGERS	4:30 – 5:30 G1 5-7, G1 8-11 G2 5-11 BOYS 8-11 TUMBLE CUBS TUMBLE TIGERS	4:30 – 5:30 G1 5-7, G1 8-11 G1 5-7, G2 5-11 BOYS 5-7 TUMBLE CUBS TUMBLE TIGERS	4:30 – 5:30 G1 5-7, G1 8-11 G2 5-11 BOYS 8-11 TUMBLE CUBS TUMBLE TIGERS	4:30 – 5:30 G1 5-7, G1 8-11 G1 5-7, G2 5-11 ELITE TIGERS	9:00 – 10:00 G1 5-7, G1 8-11 BOYS 8-11
5:30 – 6:30 G1 5-7, G1 8-11 G1 5-7, G2 5-11 BOYS L2 8-11 TUMBLE CUBS TUMBLE TIGERS	5:30 – 6:30 G1 5-7, G1 8-11 G2 5-11 TUMBLE CUBS ELITE TIGERS	5:30 – 6:30 G1 5-7, G1 8-11 G2 5-7, G2 8-11 BOYS L2 8-11 TUMBLE CUBS TUMBLE TIGERS	5:30 – 6:30 G1 5-7, G1 8-11 G2 5-11 BOYS 5-7 TUMBLE TIGERS TUMBLE CUBS	5:30 – 6:30 G1 5-7, G1 8-11 G1 5-7 TUMBLE CUBS TUMBLE TIGERS ELITE TIGERS	10:00 – 11:00 G1 5-7, G1 8-11 TUMBLE TIGERS TUMBLE CUBS ELITE TIGERS
6:30 – 7:30 G1 5-7, G1 8-11 G2 5-11 BOYS 8-11 TUMBLE CUBS TUMBLE TIGERS	6:30 – 7:30 G1 5-7, G1 8-11 G2 5-11 TUMBLE CUBS TUMBLE TIGERS	6:30 – 7:30 G1 5-7, G1 8-11 G3 8-11 BOYS 5-7 TUMBLE CUBS TUMBLE TIGERS	6:30 – 7:30 G1 5-7, G1 8-11 G2 5-11 TUMBLE CUBS TUMBLE TIGERS	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <p style="text-align: center;">SATURDAY BONUS TUMBLING 11:00 – 12:00</p> </div>	
7:30 – 9:00 SUPER CHEER TUMBLING	7:30 – 8:30 TUMBLE TIGERS BEG. TUMBLING INT. TUMBLING ADV. TUMBLING	7:30 – 9:00 SUPER CHEER TUMBLING	7:30 – 8:30 TUMBLE TIGERS BEG. TUMBLING INT. TUMBLING ADV. TUMBLING	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <p style="text-align: center;">FRIDAY FUN GYM 7:00 – 9:30</p> </div>	
	8:30 – 9:30 ADV. TUMBLING	8:30 – 9:30 ADV. TUMBLING			
5 YEAR OLDS: 5 year olds must be 66 months at the time of registration to attend the school age gymnastics program.					

FRIDAY FUN GYM 7:00 - 9:30: Parents, you've worked all week and you're ready for a date night. Let R/B help by providing a fun place for kids to have a great time. All Rowland/Ballard students (ages 4 and up) are invited to attend Friday Fun Gym. This supervised event is loaded with gymnastics, games, and special contests.

* \$15.00 for all registered students.

* The guest fee is \$25.00 with a completed and signed participation form.* All participants must sign up via the Parent Portal Note: Drop-ins will be assessed a \$5 late fee.

SATURDAY (11:00-12:00) BONUS TUMBLING (\$10): Our tumbling coaches love to teach tumbling. We added this bonus tumbling class for all of our registered tumbling students. **Only registered tumbling students may attend this special class!**

BIRTHDAY PARTIES: Rowland/Ballard birthday parties are simply the best! We maximize the fun for kids and minimize the work for parents. Each party lasts 1.5 hours with a full hour dedicated to gymnastics fun and games! The final 30 minutes are used for the cake and gift time. A trained staff member will lead the party. You provide the cake and drinks, we'll provide the amazing fun for your party!