

# ROWLAND/BALLARD - Kingwood

## SCHOOL-AGE GYMNASTICS & TUMBLING

**Administrator: Kevin Reiland (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: \$115.00 Per Month (1 Hour)**

**Anniversary Registration Fee: \$50**

**STUDENT REGISTRATION PROCESS:** We are proud to offer our customers 2 ways to register for classes.

**REGISTRATION OPTION 1 (Preferred Method):** Our mobile app is available on Apple's App Store and on Google Play. Download the Rowland/Ballard app on your mobile device, then choose a location, a program, and away you go. This easy step-by-step enrollment process makes signing up for classes a breeze. The app will work on any mobile device and allows families to navigate through our programs and will also let us communicate directly with you about emergency situations and/or unique program opportunities.



Download our app today!

**REGISTRATION OPTION 2:** Visit [www.rowlandballard.com](http://www.rowlandballard.com) and click the PARENT PORTAL activation link. You will then see 4 options to consider for class registration. Simply click the location and program you wish to enroll. Follow the online prompts and complete your registration profile form.

### **NEED HELP?**

Call our front desk if you have any questions or issues during registration!

**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.

**Junior Girls Gymnastics Age 5-6 / Boys 1 (5-7)**– This entry level of gymnastics introduces new gymnasts to the fundamental skills, concepts, and body shapes.age

**Girls Gymnastics Level 2 & 3 / Adv. Boys** - 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. By Invitation Only.

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

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

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

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

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

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

**KINGWOOD LOCATION: SCHOOL AGE GYMNASTICS/TUMBLING**  
*"We have the perfect class for you!"*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>10:00 – 10:55</b> Girls Level 1 7-11
<b>4:30-5:25</b> Girls Level 1 7-11 Girls Level 2 <b>Tumble Cubs</b>	<b>4:30-5:25</b> Junior Girls 5-6 Girls Level 1 7-11 Girls Level 2 Boys 5-7	<b>4:30-5:25</b> Junior Girls 5-6 Girls Level 1 7-11 G3 4:45-5:40	<b>4:30-5:25</b> Junior Girls 5-6 Girls Level 1 7-11 Girls Level 2	<b>4:30-5:25</b> Junior Girls 5-6 <b>TUMBLE CUBS</b> <b>DANCE TUMBLING</b>	<b>11:00 – 11:55</b> Junior Girls 5-6 <b>BEG. TUMBLING</b> <b>INT. TUMBLING</b> <b>ADV. TUMBLING</b>
<b>5:30-6:25</b> Junior Girls 5-6 Girls Level 1 7-11 Girls Level 2	<b>5:30-6:25</b> Junior Girls 5-6 Girls Level 1 7-11 G3 <b>TUMBLE TIGERS</b>	<b>5:30- 6:25</b> Girls Level 1 7-11 Girls Level 2 <b>Cheer Prep</b>	<b>5:30 – 6:25</b> Girls Level 1 7-11 Boys 8-11 Girls Level 2 <b>TUMBLE TIGERS</b>	<b>5:30 – 6:25</b> Girls Level 1 7-11 Girls Level 2	
<b>6:30 – 7:25</b> Junior Girls 5-6 Girls Level 1 7-11 Girls Level 2 <b>CHEER PREP 8-11</b>	<b>6:30 – 7:25</b> Junior Girls 5-6 Boys 8-11 Girls Level 1 7-11 Girls Level 2	<b>6:30 – 7:25</b> Girls Level 1 7-11 <b>DANCE TUMBLING</b> Tumble Cubs	<b>6:30 – 7:25</b> Boys 5-7 G2 Tumble Cubs	<b>FRIDAY FUN GYM</b> <b>7:00 – 9:30</b>	
<b>7:30-8:25</b> Beg. Int. Adv. Tumbling	<b>7:30-8:25</b> Beg. Int. Tumbling	<b>7:30-8:25</b> Beg. Int. Adv. Tumbling Super Cheer	<b>7:30-8:25</b> Beg. Int. Adv. Tumbling		
<b>5 YEAR OLDS:</b> 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.

\* \$25.00 for all registered students and unregistered students.

\*\*Unregistered students will need to create an account at rowlandballard.com or download the app.

**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!