

ROCK SOLID ACADEMY

2299 Cardigan Ave, Columbus OH 43215

614-937-1818 for Info

* See Class Descriptions on attached PDF

Winter Session 2019

Dec 2nd - Jan 31st 2019

Gym Closed - December 21st - Jan 5th 2020 For Holiday Break

7 Week Session

\$132.00 / 7 weeks (1 hr class)

\$90.00 / 7 weeks (30 min class)

\$108.00 / 7 weeks - see below
(Sibling / Multiple Class Discount)

*No discounts for 30 min classes

\$50.00 Yearly Reg Fee - Per Family

To Sign Up: Go to our Parent Portal, create an account & register/pay online - Don't forget to read all the new policies and procedures

* **There are no refunds/credits once session has begun**

<https://app.iclasspro.com/parentportal/rocksolidacademy>

Primary Program	Age	Required	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Twinkle Babies Gymnastics (30 min)	2-3 years	NA	5:30-6:00 (CS)		5:00-5:30 (CS)	5:30-6:00 (KyS)
Super Stars - Gymnastics (1 hr)	4-5 years	NA		4:00-5:00 (MD)	5:00-6:00 (ZR)	6:00-7:00 (EJ)
Super Stars - Tumbling Skills (1 hr)	4-5 years	NA	6:30-7:30 (AM)	5:30-6:30 pm (ZW)		5:00-6:00 (EJ)
Super Stars -Ninja Boys (1 hr)	4-5 years	NA	5:00-6:00 (TS)			5:00-6:00 (TS)
Tumbling Program						
LTD "Learn to do" Basics	6 & Up	NA			5:00-6:00 (GB)	7:00-8:00 (GB)
Tumbling Skills - BLACK	6 & up	see descriptions	5:00-6:00 (OA)	6:00-7:00 (MD)	4:00-5:00 (GB) 6:00-7:00 (GB)	6:00-7:00 (AM)
Tumbling Skills - GOLD	6 & up	see descriptions	6:30-7:30 (MD)	5:00-6:00 (MD)		6:00-7:00 (KM)
LTD "Learn to do" BHS Skills/Drills	6 & Up	see descriptions	4:30-5:30 (CS) 7:30-8:30 (MD)		6:30-7:30 (MD)	7:00-8:00 (AM)
Mastering BHS Skills	11 & Up	see descriptions			7:30-8:30 pm (KyS)	7:30-8:30 (KyS)
Mastering BHS Skills	6-10 yrs	see descriptions	6:00-7:00 (OA)			7:00-8:00 (AM)
S & Q "Speed & Quality" BHS	6 & Up	see descriptions	7:30-8:30 (CS)	7:30-8:30 (KyS)	7:30-8:30 (MD)	6:00-7:00 (GB)
LTD "Learn to do" TUCK Skills/Drills	6 & Up	see descriptions	7:00-8:00 (MK)		6:30-7:30 (KyS)	7:30-8:30 (CS)
Mastering TUCK Skills	6 & Up	see descriptions	7:00-8:00 (OA)		6:30-7:30 (KyS)	7:30-8:30 (CS)
S & Q "Speed & Quality" Tucks & Above	6 & Up	see descriptions	8:00-9:00 (MK)			7:30-8:30 (MK)
School Tumbling- INT (Learning tucks/BHS)	Current MS/HS Team	NA			UA INT 7:00-8:00 (MK, ZR)	
School Tumbling- ADV (tuck by self on floor)	Current MS/HS Team	NA			UA ADV 8:00-9:00 (MK, ZR)	
Gymnastics Program						
Beginner Gymnastics - BLACK	6 & Up	NA	5:30-6:30 (AM)	6:00-7:00 (EJ)	6:00-7:00 (ZR)	7:00-8:00 (EJ)
Beginner Gymnastics - GOLD	6 & Up	see descriptions	6:00-7:00 (MK)	7:00-8:00 (EJ)		
Intermediate Gymnastics	6 & Up	see descriptions	6:00-7:00 (MK)	7:00-8:00 (EJ)		
Advanced Gymnastics	6 & Up	see descriptions				
Ninja & Dance Program						
"Acro for Dance" Skills	6 & up	see descriptions		7:30-8:30 pm (ZW)		6:00-7:00 pm (ZW)
Youth Dance Skills - Hip Hop/Jazz Combo	5-10 yrs	NA				5:00-6:00 pm (ZW)
Boys Ninja & Tumbling	6 & up	NA	5:00-6:00 (TS)			5:00-6:00 (TS)
Cheerleading Program						
Jump Zone	6 & up	NA			5:30-6:00 (KyS)	
Flyer Flex & Body Positions	6 & up	see descriptions			5:30-6:00 (CS)	
Middle School Tryout Prep - Dec-May	5th-7th graders	NA		6:30-7:30 pm (ZW)		
High School Tryout Prep - Feb-May	8th -11th	NA	-		-	-