

CLASSIFICATION OF CLASSES

Gymnastics	Dance	Ballet	Martial Arts	Yoga & Fit	Futsal	Basketball	Tennis	Swimming
Crawler 6-11 months	Baby Dance 1-3 years	Baby Ballet 2-3 years	Intro to MA 4-6 years	U & Me Yoga 1-3 years	Futsal U7	Basketball U7	Tennis U7	M&M Beginner 6 mos-2 years
Walker 12-23 months	Move n Groove 3-5 years	Pre-Ballet 3-5 years	Taekwondo White 6+ years	Yoga 4-8 years	Futsal U12	Basketball U12	Tennis U12	M&M Intermediate 3-4 years (skill dep)
Jumper 24-35 months	Stage Studio 4-6 years	Pre-Grade Ballet 5+ years	Taekwondo Yellow-Black skill dep	Yoga 8-10 years	Futsal U16	Basketball U16	Tennis U16	M&M Advance 5+ years (skill dep)
Tots Gym 3-3.11 years	RockJam 4-6 years	Grade 1 Ballet 7+ years		Yoga 11+ years				Stroke Development L1-up skill dep
Kids Gym L1 4-5.11 years	RockJam 6+ years	Grade 2-8 Ballet skill dependent						
Kids Gym L2-up 4-6 years	Stage Studio 7+ years							
Tween Gym L1 6-12 years	HipHop Beg. 7+ years							
Tween Gym L2-up 7+ years								
Teen Gym 11+ years								

EVENTS

FIELD TRIP: Educational, energetic, fun-filled activities personalized to the children's age range. Different packages are available; please consult with our Customer Service Representative.

BIRTHDAY PARTY: Celebrate like a Rockstar with our Gymnastics, Dance, Martial Arts and Yoga classes. Different packages are available; please consult with our Customer Service Representative.

RULES

PLEASE ARRIVE 10 MINUTES BEFORE THE SCHEDULED CLASS AND BRING/USE SPORT SHOES. WARMING UP IS VERY IMPORTANT TO PREVENT EXERCISE INJURY AND YOUR KID WON'T FEEL LOST. THE SPORT SHOES PROVIDE A SAFER AND COMFORTABLE MOMENT FOR YOUR KID. CHECK WITH US OFTEN FOR REVISED CLASS SCHEDULE. For appointments, call 03-8959 2080 (TM), 03-7733 4178 (TCM), 03-5879 2000 (SW)

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GYMNASTICS

BABY GYMNASSTICS (PARENT-ACCOMPANIED CLASSES)
Crawler - Time to learn how to crawl and hold objects, the babies explore the outside world in a comfortable & soft setting. | **Walker** - The babies starts to walk and hang, learn how to share the props and imitate simple gesture. | **Jumper** - The babies starts to be more independent, understand the class routine, interect with the teachers and other babies, learn how to do roll, hang and jump by themself and follow simple directions. | **Gymnastics** - Students learn the most complex skills in a fun way, drills and conditioning are done on a regular basis to develop stronger muscles, flexibility, coordination and many ithers. Entry level skills are evaluated to advanced levels.

DANCE

Baby Dance - Adult accompanied class where babies dance to their favorite nursery rhymes using simple fun music and movement that helps enhance rhythm and coordination at an early age. | **Urban Dance** - Themed and performance based class that will enable the kids to learn signature moves of specific artists, shows, musicals and plays. It is sure to boost confidence, camaraderie, musicality and theatricality. Themes will differ every term. | **RockJam** - An upbeat, fun & energetic cardio class that works kid's cardiovascular system through the latest dance moves.

MARTIAL ARTS

Intro To MA - Basic kicks, punches, blocks and some ground skills are taught to avoid physical confrontation (bullying) that focuses on developing the attention span, building strength and agility to learn more complex Martial Art moves. It is also helps improve discipline, concentration, and cardiovascular health. | **Taekwondo** - a well-rounded martial art that originated in Korea, combines combat and self-defense techniques with sport and exercise. It is one of the most popular and widely practiced martial arts in the world today, and has been a part of the Olympic Games since 2000. Training in Taekwondo is an excellent tool for physical fitness and character development for children.

BALLET

Baby Ballet - Introduction of Ballet to babies focusing on graceful movements and imagination. | **Pre-ballet** - Introduction kids to the wonderful world of ballet, teaches them discipline, develops natural data, flexibility, stretching, muscle forms, beautiful and good posture.

YOGA & FIT

U & Me Yoga - Basic yoga class that will provide Moms to regain strength & flexibility while bonding with your child. | **Yoga** - Fun yoga class to help develop flexibility, strength, balance and relaxation.



TROPICANA CITY MALL

SPORTS CLASSES

Summer Term Schedule
May 1st until July 30th 2017

Ph. 03-7733 4178
rockstar-gym.com.my

Time	Monday Sports 1	Tuesday Sports 1	Wednesday Sports 1	Thursday Sports 1	Friday Sports 1	Saturday Sports 1	Sunday Sports 1
10:00						Open Play	Futsal U7 4-7 yrs
11:00					Open Play Basket U7 (4-7 yrs) Subj. to change	Basket U7 + Parents (4-7 yrs + Parents) Subj. to change	
12:00							Futsal U12/U16 8-16 yrs
13:00			Open Play	Open Play		Basket U7 4-7 yrs	Open Play Futsal U7 (4-7 yrs) Subj. to change
14:00			Futsal U7 (4-7 yrs) Subj. to change	Basket U7 (4-7 yrs) Subj. to change		Basket U12/U16 8-16 yrs	Open Play Basket U12/U16+parents (8-16 yrs) Subj. to change
15:00	Futsal U7 4-7 yrs		Futsal U7 4-7 yrs		Open Play		
16:00	Futsal U12/U16 8+ yrs		Basket U12/U16 8-16 yrs	Open Play Futsal U7 (4-7 yrs) Subj. to change	Basket U7 (4-7 yrs) Subj. to change	Futsal U12/U16 8-16 yrs	Tennis U7 4-7 yrs
17:00	Basket U7 4-7 yrs		Basket U7 4-7 yrs	Tennis U7 4-7 yrs	Basketball U7 4-7 yrs	Tennis U12/U16 8-16 yrs	Tennis U12/U16 8-16 yrs
18:00	Basket U12/U16 8-16 yrs	Open Play	Futsal U12/U16 8-16 yrs	Tennis U12/U16 8-16 yrs	Basket U12/U16 8-16 yrs	Tennis U7 4-7 yrs	Basket U12/U16 8-16 yrs
19:00	Open Play Basket U12/U16 + parents (8-16 yrs + parents) Subj. to change	Basket U12/U16 + parents (8-16 yrs + parents) Subj. to change	Open Play Basket U12/U16 + parents (8-16 yrs + parents) Subj. to change	Open Play Basket U12/U16 (8-16 yrs) Subj. to change	Open Play Futsal U12/U16 (8-16 yrs) Subj. to change	Open Play Basket U12/U16 + parents (8-16 yrs + parents) Subj. to change	
20:00						Open Play Basket U12 + parents (8-12 yrs + parents) Subj. to change	

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SPORTS

Basketball 55 minutes - Basketball is one of the most popular sports in the world. It is a team sport that involves two teams with 5 active players on each team trying to score by shooting the ball into the basket. It can be played indoor and outdoor. Our Basketball Classes develop skills to build a strong foundation for children to be used in life with a positive impact and sporting experience also developing their motor skills and cognitive potential in understanding the rules and strategies. They as a team and individual will also learn how to cope with victory and defeat.

Tennis 55 minutes - Tennis is an exciting sport that is played by 1 person as a single or 2 persons as doubles. Each player use a racquet to strike a hollow rubber ball past the opponent's net.

The object of the game is to play the ball in such a way that the opponent is not able to play a valid return. The player who is unable to return the ball will not gain a point. Tennis is a fun sport and is played at all levels of society and at all ages.

Futsal 50 minutes - Futsal is a five-a-side game, normally played on a flat indoor pitch with hockey sized goals and a size 4 ball with a reduced bounce. It is played to touchlines and all players are free to enter the penalty area and play the ball over head-height. Futsal was important in helping to develop my ball control, quick thinking, passing also for dribbling, balance, concentration.

Swimming Mom & Me Classes 30 minutes, Stroke Development 45 minutes and RockStar Swim Team 90 minutes - Swimming is a sport activity that is useful to relieve stress by improving strength, endurance, coordination and fitness. Swimming lessons are a vital part of water safety education, many parents have expressed their concern about safety and how import the swimming lessons are. Our curriculum program is based on The American Red Cross Swimming.

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