ROCKSTAR GYM KIDS & TEENS

THE MINES

ACTIVITY CLASSES

Summer Term Schedule

May 1st until July 30th 2017

Ph. 03-8959 2080
rockstar-gym.com.my

Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3
09:00																												
10:00					Crawler 6-11 mos						Baby Dance 1-3 yrs		Walker 12-23 mos						Baby Dance 1-3 yrs		Walker 12-23 mos		Baby Dance 1-3 yrs					
11:00					Jumper 24-35 mos				Walker 12-23 mos						Baby Dance 1-3 yrs		Jumper 24-35 mos				Jumper 24-35 mos			U&Me Yoga 1-3 yrs	Jumper 24-35 mos			
12:00																					Tw-Gym 6-12 yrs					Baby Ballet 2-3 yrs		
13:00										Baby Ballet 2-3 yrs						U&Me Yoga 1-3 yrs	Tots 3-3.11 yrs				K-Gym 4-5.11 yrs		Move & Groove 3-5 yrs	Yoga 8+ yrs	Tw-Gym 6-12 yrs	P-Gr. Ballet 5+ yrs		Intro MA 4-6 yrs
14:00										P-Ballet 3-5 yrs						Yoga 4-8 yrs			Move & Groove 3-5 yrs		Tots 3-3.11 yrs			Yoga 4-8 yrs			Move & Groove 3-5 yrs	Tkd. Yellow 6+ yrs
15:00		P-Ballet 3-5 yrs	S. Studio 4-6 yrs				S. Studio 4-6 yrs		Tots 3-3.11 yrs						Move & Groove 3-5 yrs		K-Gym 4-5.11 yrs				Tw-Gym 6-12 yrs		S. Studio 4-6 yrs		Tw-Gym 6-12 yrs	P-Ballet 3-5 yrs		Tkd. White 6+ yrs
16:00	K-Gym 4-5.11 yrs	P-Gr. Ballet 5+ yrs	Move & Groove 3-5 yrs		K-Gym 4-5.11 yrs		S. Studio 7+ yrs			P-Gr. Ballet 5+ yrs	RockJam 4-6 yrs		K-Gym 4-5.11 yrs		RockJam 4-6 yrs	Yoga 8-16 yrs			S. Studio 7+ yrs	Intro MA 4-6 yrs			H-Hop 7+ yrs		Tots 3-3.11 yrs	Gr.1 Ballet 7+ yrs	S. Studio 7+ yrs	
17:00	Tw-Gym 6-12 yrs			Intro MA 4-6 yrs					Tw-Gym 6-12 yrs		S. Studio 4-6 yrs		Tw-Gym 6-12 yrs		S. Studio 7+ yrs		Tw-Gym 6-12 yrs			Tkd. White 6+ yrs			RockJam 4-6 yrs		K-Gym 4-5.11 yrs		RockJam 4-6 yrs	
18:00				Tkd. White 6+ yrs	Tw-Gym 6-12 yrs					Gr.1 Ballet 7+ yrs													RockFit 7+ yrs				RockJam 7+ yrs	
19:00																												
20:00																												
21:00																												

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)

THIS SCHEDULE CAN CHANGE WITHOUT NOTICE. PLEASE CHECK WITH OUR CUSTOMER SERVICE REPRESENTATIVE FOR UPDATES.

GYMNASTICS

BABY GYMNASTICS (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.

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SPORTS CLASSES

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	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim
09:00																					
10:00																Tennis U12/U16 8+ yrs					
11:00																Tennis U7 4-7 yrs		Stroke Dev.L1 skill dep.			
12:00																Futsal U7 4-7 yrs		M&M Int. 3-4 yrs skill dep.			M&M Int. 3-4 yrs skill dep.
13:00																Open Play Basket U12/U16 (8-16 yrs)			Tennis U12/U16 8+ yrs		
14:00			M&M Int. 3-4 yrs skill dep.				Open Play Futsal U7 (4-7 yrs)									Basket U12/ U16 8+ yrs			Tennis U7 4-7 yrs		Stroke Dev.L1 skill dep.
15:00	Open Play Basket U12/16 parents (8-16 yrs)			Open Play Basket U7 (4-7 yrs)			Open Play Futsal U12/U16 (8-16 yrs)			Tennis U7 4-7 yrs			Open Play Basket U7 (4-7 yrs)	Open Play Futsal U12/U16 (8-16 yrs)	M&M Beg. 6 mos - 2 yrs	Basket U7 4-7 yrs		M&M Adv. 5+ yrs skill dep.	Futsal U7 4-7 yrs		
16:00				Open Play Basket U7 (4-7 yrs)			Open Play Basket U12/U16 (8-16 yrs)		M&M Adv. 5+ yrs skill dep.		Open Play Futsal U12/U16 (8-16 yrs)		Open Play Basket U7 (4-7 yrs)	Open Play Futsal U12/U16 (8-16 yrs)	Stroke Dev.L1 skill dep.	Futsal U12/ U16 8+ yrs		Stroke Dev.L1 skill dep.	Basket U12/ U16 8+ yrs		M&M Beg. 6 mos - 2 yrs
17:00	Futsal U7 4-7 yrs		Stroke Dev.L1 skill dep.	Tennis U12/U16 8+ yrs	Futsal U7 4-7 yrs		Open Play Basket U12/U16 (8-16 yrs)		Stroke Dev.L1 skill dep.				Open Play Basket U12/U16 (8-16 yrs)				Open Play Futsal U7+parents (4-7 yrs)	Stroke Dev.L2 skill dep.	Basket U7 4-7 yrs		Stroke Dev.L2 skill dep.
18:00		RockFit 7+ yrs		Open Play Basket U12/U16 (8-16 yrs)			Basket U7 4-7 yrs		Stroke Dev.L2 skill dep.		Open Play Futsal U7 (4-7 yrs)					Open Play Basket U12/16 parents (8-16 yrs)			Open Play Basket U12/16+ parents (8-16 yrs)	Futsal U12/ U16 8+ yrs	
19:00	Futsal U12/ U16 8+ yrs			Futsal U12/ U16 8+ yrs			Basket U12/ U16 8+ yrs									Open Play Basket U12/16 parents (8-16 yrs)				Open Play Futsal U12/16+ parents (8-16 yrs)	
20:00	Futsal U12/ U16 8+ yrs																				
21:00																					

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Teen Gym 11+ years								

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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