ROCKSTAR GYM
KIDS & TEENS

SETIAWALK MALL

Summer Term Schedule
May 1st until July 30th 2017

Ph. 03-5879 2000
rockstar-gym.com.my

Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports
10:00					Jumper 24-35 mos				Walker 12-23 mos					Baby Dance 1-3 yrs							Walker 12-23 mos			Futsal U7 4-7 yrs				Open Play Futsal U12/U16 + Parents (8-16 yrs + Parents) Subj. To Change
11:00						Baby Dance 1-3 yrs				Baby Dance 1-3 yrs			Jumper 24-35 mos				Crawler 6-11 mos					Baby Dance 1-3 yrs		Futsal U12 & U16 (8-16 yrs)	K-Gym 4-5.11 yrs			
12:00														Baby Ballet 2-3 yrs								Baby Ballet 2-3 yrs		Tennis U12 & U16 (8-16 yrs)	Tw-Gym 6-12 yrs	Baby Dance 1-3 yrs		Basket U7 4-7 yrs
13:00	Walker 12-23 mos																				Jumper 24-35 mos	P-Ballet 3-5 yrs		Tennis U7 4-7 yrs		Move& Groove 3-5 yrs		Basket U12 & U16 (8-16 yrs)
14:00		Baby Dance 1-3 yrs		Open Play Futsal U7 4-7 yrs Subj. To Change	Tots 3-3.11 yrs									P-Ballet 3-5 yrs		Open Play Futsal U7 4-7 yrs Subj. To Change					Tw-Gym 6-12 yrs	P-Gr. Ballet 5+ yrs		Basket U7 4-7 yrs	Tots 3-3.11 yrs	H-Hop Beg 7+ yrs		
15:00						Move& Groove 3-5 yrs	Yoga 4-8 yrs						Tots 3-3.11 yrs	P-Gr. Ballet 5+ yrs						Tennis U7 4-7 yrs		Rock-Jam 4-6 yrs			K-Gym 4-5.11 yrs	Rock-Jam 4-6 yrs		Futsal U12 & U16 (8-16 yrs)
16:00		S. Studio 7+ yrs			K-Gym 4-5.11 yrs		Yoga 8-10 yrs	Open Play Basket U7 4-7 yrs Subj. To Change		S. Studio 4-6 yrs		Open Play Basket U7 4-7 yrs Subj. To Change	K-Gym 4-5.11 yrs	Gr. 1 Ballet 7+ yrs			K-Gym 4-5.11 yrs			Tennis U12 & U16 (8-16 yrs)	K-Gym 4-5.11 yrs	S. Studio 7+ yrs	U&Me Yoga 1-3 yrs	Basket U12 & U16 (8-16 yrs)	Tw-Gym 6-12 yrs			Futsal U7 4-7 yrs
17:00				Basket U7 4-7 yrs	Tw-Gym 6-12 yrs	Rock-Jam 4-6 yrs			K-Gym 4-5.11 yrs	S. Studio 7+ yrs	Tkd. 6+ yrs		Tw-Gym 6-12 yrs	S. Studio 4-6 yrs		Futsal U12 & U16 (8-16 yrs)	Tw-Gym 6-12 yrs	Rock-Jam 4-6 yrs		Tennis U12 & U16 (8-16 yrs)	Tw-Gym 6-12 yrs	Gr. 1 Ballet 7+ yrs	Yoga 4-8 yrs	Open Play Futsal U12/U16 + Parents (8-16 yrs + Parents) Subj. To Change			Intro MA 4-6 yrs	RockFit 7+ yrs
18:00	K-Gym 4-5.11 yrs			Basket U12 & U16 (8-16 yrs)		S. Studio 7+ yrs					Intro MA 4-6 yrs	Basket U12 & U16 (8-16 yrs)		S. Studio 7+ yrs		Futsal U7 4-7 yrs		Rock-Jam 7+ yrs		Open Play Basket U7 4-7 yrs Subj. To Change			Yoga 8+ yrs	Open Play Basket U12/U16 + Parents (8-16 yrs + Parents) Subj. To Change		Tkd. 6+ yrs	Open Play Basket U12/U16 + Parents (8-16 yrs + Parents) Subj. To Change
19:00	Tw-Gym 6-12 yrs	Rock-Jam 4-6 yrs		Open Play Basket U12/U16 8-16 yrs Subj. To Change	Tw-Gym 6-12 yrs			Basket U7 4-7 yrs	Tw-Gym 6-12 yrs			Basket U7 4-7 yrs	Tw-Gym 6-12 yrs			Basket U7 4-7 yrs				Open Play Basket U12/U16 + Parents (8-16 yrs + Parents) Subj. To Change				Open Play Basket U7 4-7 yrs Subj. To Change		Tkd. Yellow 6+ yrs	
20:00		P-Gr. Ballet 5+ yrs		Open Play Futsal U12/U16 8-16 yrs Subj. To Change				Basket U12 & U16 (8-16 yrs)								Basket U12 & U16 (8-16 yrs)			Tkd. 6+ yrs										

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.