



# WHAT'S NEW?

## ROYAL ACADEMY OF DANCE

### Why choose RAD?

- Easier for students to learn the harder steps
- A sense of achievement & gratification
- Higher level of confidence & motivation

### Our Classes



### History & Background

- Established in London, UK in 1920
- Internationally recognised English style of ballet.
- One of the largest dance organisations in the world with over 14,000 members in 79 countries

## COMBINATION CLASS

### Benefits

- 2/3 classes in a row
- Save time
- More options to choose from
- Flexibility & convenience
- Boredom therapy



## Pro SPORTS (U7-U16)



- 2 straight hours of Sport Class
- Drill, develop skills, practice, body conditioning, exercise and play match.
- Maximum training per visit
- Practice longer and be a PRO!

## CHEERLEADING (4+ yrs)



- High energy class focusing on stunts, cheers, chants, and routines.
- A combination of dance and gymnastics skills.
- Great self-confidence booster promotes team camaraderie, strong bond between friends, strength, and coordination.
- Follow International Federation of Cheerleading curriculum.

## PRIVATE INSTRUCTION

- Personalized session with an instructor of choice.
- Flexible Schedules
- Attain goals at your own price.
- Choose among one on one instructor, semi-private instruction, and group private instruction.



## NEWLY IMPROVED ACTIVITY SCHEDULE



Time Constraints?!

Say NO MORE!

- Better class timings to suit your needs (prime time)
- Attend more classes conveniently
- Maximise your visits
- Take full advantage of your membership!

TIME IS MONEY



## 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 4-7 years	Baby Yoga 1-3 years	Futsal U7	Basketball U7	Tennis U7	M&M Beginner 6-35 months
Walker 12-23 months	Move n Groove 3-5 years	Pre-Ballet 1/2 3-5 years	Taekwondo White 6+ years	Yoga 4-7 years	Futsal U12	Basketball U12	Tennis U12	M&M Intermediate 3-4 years
Jumper 24-35 months	Stage Studio 4-7 years	Pre-Primary/Primary Ballet 5+ years	Taekwondo Yellow-Black 6+ years	Yoga 6-12 years	Futsal U16	Basketball U16	Tennis U16	M&M Advance 5-6 years
Tots Gym 3-4 years	RockJam 4-7 years	Ballet Grade 1-8 5+ years	Taekwondo Elite By Audition	Yoga 11+ years				Stroke Development L1-up
Kids Gym L1 4-7 years	RockJam 6+ years							

### CONNECT WITH US ON:



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For Further Information  
Visit Our Website

[www.rockstar-gym.com.my](http://www.rockstar-gym.com.my)

## RULES



BE THERE  
**10 MINUTES**  
BEFORE  
THE CLASS

WEAR

A PROPER  
**OUTFIT**



TAP YOUR CARD BEFORE  
YOU START THE CLASS.

**HAVE FUN!**