



Rock N' Rollers

10 months - 2 years

This playful class is a perfect introduction to music and movement. Our Rock N' Rollers are immersed in a positive and welcoming environment that encourages them to explore and take risks. Moms, Dads, or caregivers join the child who is not ready to separate, but ready to move. The children are exposed to sharing, social interaction, listening, and following directions. Motor skills, balance, coordination and musicality are fostered through props, obstacle courses, and songs.

Rock N' Play (Ages 4 and Under)

This is a crowd favorite! Our Rock N' Play class is a vibrant and energetic open gym class where little ones ages 4 and under can freely explore the world of movement and music. Designed to encourage creativity, build curiosity and allow for exploration your child is immersed in a fun filled session of music, movement, and fun where your child's imagination can soar.

Tiny Pebbles

3-5 Year Olds

Creating an engaging, memorable, and active space for these 3-5 year olds is our goal. Our Tiny Pebbles (aka FUNdamental Little Movers) focuses on introducing the world of physical activity in a fun way. In this class, children will have the opportunity to explore various movements, exercises, and games that promote body awareness, coordination, spatial awareness, balance, stability, strength, rhythm, motor skills, and social interaction. They will be encouraged to take risks, face challenges on their own, and express themselves through music and movement. In Tiny Pebbles, we lay the foundation for your child to develop essential to leave feeling strong, confident and unstoppable.

Little Rockers

Kindergarten to 2nd Grade

Building on the physical fundamental skills, these Little Rockers explore movement in fun, creative ways. Our Little Rockers are encouraged to take risks, fail, and get back up to try again. Little Rockers will be immersed in an environment that incorporates developmentally appropriate movements, exercises, challenging obstacles, and games that promote body awareness, coordination, spatial awareness, balance, stability, strength, rhythm, motor skills, and social interaction.

Mighty Boulders

3rd to 5th Grade

Building multifaceted movers to be versatile movers. Our Mighty Boulders (aka Rock Solid Kids) moves become more complex movements to improve their range of motion working on locomotor skills with the opportunity for cooperative play and games.

The Rock Youth Athletic Development

Ages 8-11 Year Olds

This program is perfect for the athlete eager to elevate their skills to the next level. With advanced speed techniques, dynamic agility training, strength and power development, your athlete will stand apart.

Rock N' Flow

Our Rock N' Flow is our specialty yoga class that offers a holistic approach to physical and mental well being. This class incorporates music, functional yoga, breathing exercises, and mindfulness techniques to promote body awareness, flexibility, strength, and mental well being.

The Rock Hit + Run Club

Hitting and speed and agility drills are incorporated to help you become the big hitter and quick base runner you need on the field.

The Rock Athletics
Building Foundational Skills for Athletic Versatility