



**ENROLLMENT IS  
NOW OPEN!**

|                                                                                                |                                                                                                  |                                                                                            |                                                                                                        |                                                                                              |                                                                                                |                                                                                            |                                                                                             |                                                                                                 |                                   |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------|
|  Gymnastics |  Cheerleading |  Ballet |  Contemporary Dance |  Broadway |  Basketball |  Futsal |  Dance |  Taekwondo | <b>Elite</b> : up to 90 min class |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------|

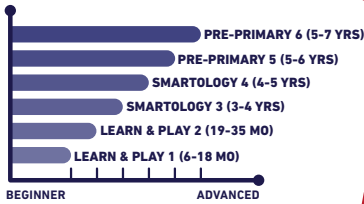
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

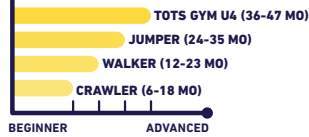
## EARLY CHILDHOOD EDUCATION

**NEW!**

### ACADEMIC



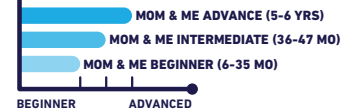
### GYMNASTICS



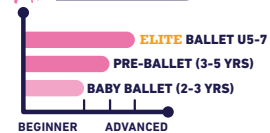
### DANCE



### SWIMMING

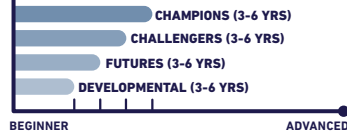


### BALLET



**NEW!**

### TENNIS



### MARTIAL ARTS



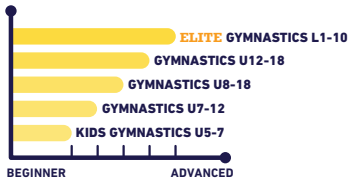
### MULTI-SPORTS



**5-18**  
YRS

## ACTIVITY CLASSES

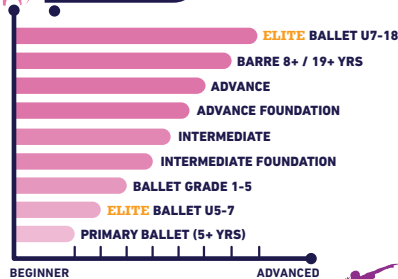
### GYMNASTICS



### SWIMMING



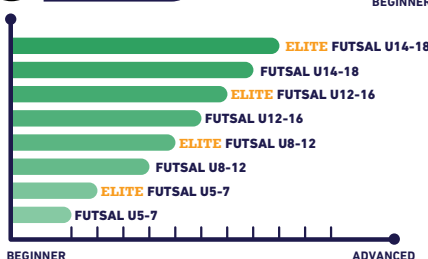
### BALLET



### CHEERLEADING



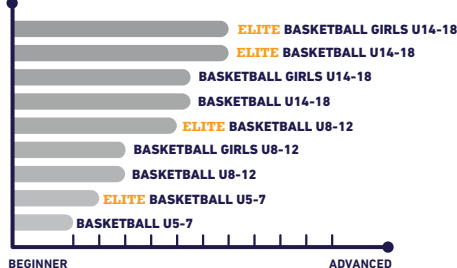
### FUTSAL



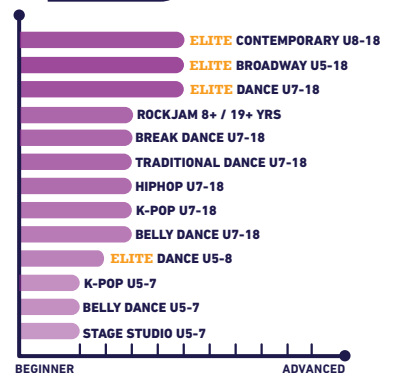
### PARKOUR



### BASKETBALL

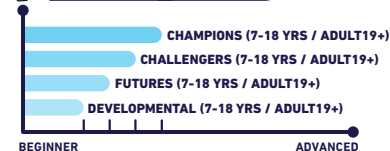


### DANCE



**NEW!**

### PICKLEBALL



**NEW**

## DREAM TEAM

### BASKETBALL



U10 | U12 | U14 | U16

### FUTSAL



U6 | U8 | U10 | U13

### GYMNASTICS



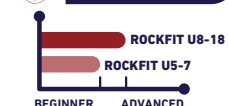
LEVEL 3-10

**NEW!**

### PING PONG



### ROCKFIT



- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED
- CHECK WITH ELITE CLASS INSTRUCTOR



### MARTIAL ARTS



**NEW!**

### TENNIS





**GANDARIA CITY**  
☎ +6221 2900 8081

**SHERATON  
GRAND**  
Jakarta Gandaria City Hotel

**SCAN FOR  
E-SCHEDULE**



**CLASSES START ON 19 JUNE 2026**

| Time  | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                     | Wednesday                   | Thursday                    | Friday                      | Saturday                    | Sunday                      |
|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
|       | Pool Sheraton Gandaria City                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Pool Sheraton Gandaria City | Pool Sheraton Gandaria City | Pool Sheraton Gandaria City | Pool Sheraton Gandaria City | Pool Sheraton Gandaria City | Pool Sheraton Gandaria City |
| 09.00 | <div> <div>ARRIVAL &amp; CLASS ENTRY:</div> <ol style="list-style-type: none"> <li>1. Arrive at Sheraton Gandaria City Hotel - Head to the main Lobby.</li> <li>2. Present your RockStar Member Card to the Hotel Concierge.</li> <li>3. Take the Elevator to Level 6 – go straightly to the pool area.</li> <li>4. Members should only use restroom &amp; shower beside the pool area.</li> <li>5. Present your RockStar Member Card to Instructor &amp; Class Assistant will at the pool entrance.</li> <li>6. Enjoy the Class!</li> </ol> </div> |                             |                             |                             |                             | Swim Mom & Me L1 6-35 mo    | Swim Mom & Me L1 6-35 mo    |
| 09.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 09.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             | Swim Mom & Me L2 3-4 yrs    | Swim Mom & Me L2 3-4 yrs    |
| 10.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 10.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             | Swim Mom & Me L3 5-6 yrs    | Swim Mom & Me L3 5-6 yrs    |
| 10.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 10.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 11.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 11.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 11.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 11.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 12.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 12.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 12.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 12.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 13.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 13.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 13.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 13.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 14.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 14.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 14.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 14.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             | Swim Mom & Me L1 6-35 mo    |                             |                             |
| 15.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 15.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 15.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             | Swim Mom & Me L2 3-4 yrs    |                             |                             |
| 15.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 16.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 16.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 16.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 16.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             | Swim Mom & Me L3 5-6 yrs    |                             |                             |
| 17.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 17.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 17.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 17.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 18.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 18.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 18.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 18.30 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |
| 19.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                             |                             |                             |                             |                             |

**ALL ROCKSTAR ACADEMY STUDENTS ARE WELCOME TO JOIN! NO PRE-REGISTRATION REQUIRED!**

# PROGRAM CLASSIFICATION & PROGRESSION

6 MO - 6 YRS



SWIMMING



4 - 18 YRS



SWIMMING



## SWIMMING POOL RULES

### HEALTH RULES:

1. Please wear proper swimming attire. No nudity allowed.
2. Swimmers are requested to shower before using the swimming pool.
3. No cloth or disposable diapers will be allowed in the water.
4. No one with open sores or wearing bandages/band aids should enter the pool.
5. No one shall use the swimming pool while knowingly suffering from any contagious or skin disease.
6. No gum. No spitting. No food or drinks are to be taken into the water.
7. Only food and beverage served by the hotel may be consumed within the designated pool areas.
8. Please put litter in proper receptacles.

### SAFETY RULES:

1. Children under 12 years old must be accompanied by an adult, who shall be responsible for their safety.
2. No pets allowed.
3. Nobody is allowed to swim when there is heavy-rain, thunderstorms or lightning. The swimming pool will be closed during these inclement conditions.
4. Guests using the swimming pool do so at their own risk. The hotel is not responsible for any injury or accident sustained by guests.
5. Guests are reminded not to leave their valuables unattended.
6. No diving allowed and no dunking or throwing people in the pool.

### FACILITY USAGE GUIDE:

1. Members are required to follow all pool regulations from Sheraton Gandaria City Hotel and instructions from Rockstar coaches.
2. Rockstar students are only allowed to remain in the swimming pool area for a maximum of 15 min after their swimming session has ended, unless an additional pool access IDR 150,000 net / person has been purchased. Parents are kindly requested to assist in ensuring timely departure from the pool area after class sessions.

Please use the swimming pool at your own risk. No lifeguard on duty.