

Extreme Cheer & Tumble
20 Old Waco Road
Temple, TX 76502



www.extremecheer-tumble.com
 follow us on
 FACEBOOK: Extreme Cheer and Tumble
 INSTAGRAM and TWITTER: @extreme_ECT

| Class Time | Cost Per Month |
|--------------------|----------------|
| :45 Minutes a week | \$65.00 |
| 1 Hour a week | \$70.00 |
| 2 Hours a week | \$105.00 |
| 3 Hours a week | \$140.00 |

GYMNASISTICS * TNT * CHEER * KARATE

ANNUAL REGISTRATION
\$35 FOR 1 CHILD
\$55 FOR FAMILY

Starts August 29th

Friday Morning Open Gym
 Ages 5 and Under - \$7 per child
 10:00am - 11:30am
Friday Night Open Gym
 Ages 6 and Up - \$15 per child

2022 FALL Schedule - TEMPLE

| Class | Days | Times | Class Description |
|---|-----------------------------|--|---|
| Extreme Tiny Tots (18mo - 2yrs) | Mon Tues Thurs | 5:00 , 6:30 5:00 5:30 | 45 Minute per week - Parent or guardian participation required if needed |
| Kids Gym (3-5yrs old) | Mon Tues Wed Thurs | 10am, 4:15, 5:45 4:15, 5:45 4:30, 5:15, 6:00 4:00, 4:45 | 45 Minutes per week - Students learn basic strength and coordination skills such as balancing, hanging, jumping and rolling on equipment scaled to their size. |
| Beginner Gymnastics | Mon Tues Wed Thurs | 4:30 4:30 4:30, 5:30, 6:30 4:30, 5:30 | 1 Hour per week - Gymnasts will learn the fundamental basic skills on the vault, bars, beam and floor. Coaches will focus on strength, flexibility, and technique in order to assure safety and proper progression of skills. |
| Gymnastics Level 1 | Tues Wed Thurs | 5:30 4:30, 5:30 5:30 | 1 Hour per week- Planned progression skills designed to teach fundamentals of gymnastics. Students practice vault, bars, beam, floor and trampoline along with stretching and conditioning exercises. |
| Gymnastics Level 2 | Mon Wed | 5:30 4:30, 6:30 | 1 Hour per week |
| Gymnastics Level 3 | Wed | 5:00 | 1 Hour Per Week |
| Gymnastics Level 1 w/Level 1 Tumbling | Mon Tues Thurs | 10:45am, 6:30 6:30 6:30 | 1 Hour per week |
| Gymnastics Level 2 w/Level 2 Tumbling | Mon | 11:45am | 1 Hour per week |
| Beginner Tumbling | Mon Tues Wed Thurs | 5:00 5:00, 6:00 4:30 4:30 | Beginner Power Tumble for ages 6 and up |
| Level 1 Power Tumbling | Mon Tues Wed Thurs | 4:30, 6:30 5:00 4:00, 5:00 5:00 | 1 Hour per week - Forward Roll, Backward Roll, Handstand, Cartwheel, Back Bend, Back Bend Kick-Over, Back Walkover, Front Walkover |
| Level 2 Power Tumbling | Mon Tues Wed Thurs | 4:00, 5:00, 6:00 4:00, 6:00 4:00 4:00, 6:00 | 1 Hour per week - Standing Back Handspring, Round Off Back Handspring, Front Walkover Round-Off Back Handspring |
| Level 3 Power Tumbling | Mon Tues Wed | 6:00 4:00, 7:00 6:00 | 1 Hour per week - Standing Back Tuck, Standing Jumps to Back Handspring, Standing Back Handsprings to Tuck, Round Off Tuck. Round Off Back Handspring Tuck, Front Walkover to Round Off Back Handspring Tuck, Front Tuck, Front Handspring Front Tuck |
| Level 4 Power Tumbling | Mon Tues Wed | 6:00, 7:00 7:00 6:00 | 1 Hour per week - Standing Jumps to Tuck, Standing Jumps to Back Handspring Tuck, Standing Two Back Handsprings to LayOut, Standing Jumps to Back Handspring LayOut, Round Off LayOut. Round Off Back Handspring LayOut, Round Off Whip Two Back Handsprings LayOut, Front LayOut. Round Off Back Handspring to Whip LayOut |
| Level 5 Power Tumbling | Mon | 7:00 | 1 Hour per week - Standing Full, Standing Back Handspring Full, Standing Jumps to Full. Standing Jumps to Back Handsprings Full, Round Off Back Handsprings Full. Round Off Backhandsprings Double Full Arabians. |
| ACRO CLASS | Mon | 7:00 | 1 Hour per week - For ages 6 and up - Learning the basics of college style acrobatics & tumbling. |
| Cheer 101 | Thurs | 5:00 | 45 Minute Class - Beginner Cheer For Ages 5-7 |
| Beginner/Intermediate Cheer and Tumble | Tues Thurs | 6:30 6:30 | 1 Hour per week for ages 8 and up |
| KIDS NINJA WARRIOR CLASS | Tues Thurs | 5:00(5-7yrs) 5:00(5-7yrs), 6:00(8yrs&Up) | 1 Hour Class- A fun cardio based workout with strength training, obstacle course challenges, flexibility challenges and contest that motivate every athlete. |