

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



www.extremecheer-tumble.com

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FACEBOOK: Extreme Cheer and Tumble
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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

GYMNASICS * TNT * CHEER * KARATE

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

Starts January 4th

Friday Morning Open Gym

Ages 5 and Under - \$7 per child
 10:00am – 11:30am

Friday Night Open Gym

Ages 6 and Un - \$15 per child

2023 WINTER 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	5:00 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, 6:00 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.
CHEER BOOT CAMP for TRYOUTS	Tues Wed	7:00 7:00	1 Hour Class - Working on Jumps, Stunts, Motions to get ready for Middle School, High School and/or All Star Cheer Tryouts
Cheer 101	Mon Wed Thurs	4:15 4:00 5:00	45 Minute Class - Beginner Cheer For Ages 5-7
Beginner/Intermediate Cheer and Tumble	Tues Thurs	6:30 6:00	1 Hour per week for ages 8 and up
ACRO	Wed	6:30	1 Hour per week
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.