

Extreme Cheer & Tumble  
 20 Old Waco Road  
 Temple, TX 76502  
 254-780-0087



## Friday Morning Open Gym

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

## Friday Night Open Gym

Ages 6 and Up - \$20 per child  
 6:30-9:30pm

## NEW PRICES

Class Time	Cost Per Month
:45 Minutes a week	\$70.00
1 Hour a week	\$75.00
2 Hours a week	\$115.00
3 Hours a week	\$155.00

ANNUAL REGISTRATION  
**\$45 FOR 1 CHILD**  
**\$65 FOR FAMILY**

Starting January 4th

# 2024 WINTER Schedule - TEMPLE

Class	Days	Times	Class Description
<b>Extreme Tiny Tots (18mo - 2yrs)</b>	Mon Tues Thurs	<b>5:00 5:00 5:30</b>	45 M inute per week - Parent or guardian participation required if needed
<b>Kids Gym (3-5yrsold)</b>	Mon Tues Wed Thurs	<b>4:15, 5:45, 6:30 4:15, 5:45 4:30, 5:15, 6:00 4:45, 6:15</b>	45 M inutes per week - Students learn basic strength and coordination skills such as balancing, hanging, jumping and rolling on equipment scaled to their size.
<b>Beginner Gymnastics (Pre-Level 1)</b>	Mon Tues Wed Thurs	<b>5:30, 6:00 4:30, 6:30 5:30, 6:30 4:30, 5:30</b>	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.
<b>Gymnastics Level 1</b>	Mon Tues Wed Thurs	<b>4:00 6:00 4:30, 5:30 5:30</b>	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.
<b>Gymnastics Level 2</b>	Mon Wed Thurs	<b>5:00 4:00, 6:30 6:00</b>	1 Hour per week
<b>Gymnastics Level 1 w/Level 1 Tumbling</b>	Thurs	<b>6:30</b>	1 Hour per week
<b>Beginner Tumbling (Pre-Level 1)</b>	Mon Tues Wed Thurs	<b>5:30 5:00, 6:00 4:30 4:30</b>	Beginner Power Tumble for ages 6 and up
<b>Level 1 Power Tumbling</b>	Mon Tues Wed Thurs	<b>4:30, 6:30 5:00 5:00 4:00, 5:00</b>	1 Hour per week - Forward Roll, Backward Roll, Handstand, Cartwheel, Back Bend, Back Bend Kick-Over, Back Walkover, Front Walkover
<b>Level 2 Power Tumbling</b>	Mon Tues Wed Thurs	<b>4:00, 5:00, 6:00 4:00, 6:00 4:00, 6:00 4:00</b>	1 Hour per week - Standing Back Handspring, Round Off Back Handspring, Front Walkover Round-Off Back Handspring
<b>Level 3 Power Tumbling</b>	Mon Tues Wed Thurs	<b>5:00, 7:00 5:00 5:00, 6:00 5:00, 6:00</b>	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
<b>Level 4 Power Tumbling</b>	Mon Tues Wed Thurs	<b>6:00, 7:00 5:00, 7:00 6:00 6:00</b>	1 Hour per week - Standing Jumps to Tuck, Standing Handsprings 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
<b>Level 5 Power Tumbling</b>	Mon Tues Thurs	<b>6:00, 7:00 7:00 6:00</b>	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.
<b>Cheer 101</b>	Mon Thurs	<b>4:00 5:00</b>	45 M inute Class - Beginner Cheer For Ages 5-7
<b>Beginner/Intermediate Cheer and Tumble</b>	Mon Tues Thurs	<b>6:30 5:30 6:00</b>	1 Hour per week for ages 8 and up
<b>Cheer Boot Camp for Tryouts</b>	Mon	<b>7:00</b>	1 Hour Class - Working on Jumps, Stunts, Motions to get ready for Middle School, High School and/or All Star Cheer Tryouts
<b>KIDS NINJA WARRIOR CLASS</b>	Thurs	<b>4:00 (ALL AGES) 5:00 (5-7yrs) 6:00 (8yrs&amp;Up)</b>	1 Hour Class - A fun cardio based workout with strength training, obstacle course challenges, flexibility challenges and contest that motivate every athlete.