



TEMPORARILY LOCATED AT **PIVOT**

ADDRESS: 5311 205 LOOP - TEMPLE
PHONE NUMBER: 254.780.0087

EMAIL: ZENOBIA@EXTREMECHEER-TUMBLE.COM



Class Description

Extreme Tiny Tots (18 months - 2yrs old) - 45 minute class that requires participation of parent or guardian

Kids Gym (Ages 3-5 yrs old) - 45 minute class - students learn basic strength and coordination skills such as balancing, hanging, jumping, and tumbling.

Beginner Gymnastics (Ages 6 & Up) - 1 hour class - learning fundamental basic skills on vault, bars, beam, and floor.

Gymnastics Level 1 (Ages 6 & Up) - 1 hour class - Planned progression designed to teach fundamental skills on vault, bars, beams, and floor.

Gymnastics Level 2 (Ages 6 & Up) - 1 hour class - Have already completed Beginner Gymnastics and Gymnastics Level 1 to continue progression on vault, bars, beam and vault to get ready for team.

Beginner Tumbling (Ages 6 & Up) - 1 hour class - learning fundamental floor skills.

Level 1 Tumbling (Ages 6 & Up) - 1 hour class - working on forward roll, backward roll, handstand, cartwheel, back bend, back bend kickover, back walkover, front walker

Backhandspring Class (Ages 6 & Up) - 1 hour class - Must already have roundoff rebound. Able to fall to bridge and a mastered handstand.

Level 2 Tumbling (Ages 6 & Up) - 1 hour class - working on round off backhandspring, frontwalkover backhandspring.

Tuck N Up (Ages 6 & Up) - 1 hour class - working on front tucks, back tucks, standing tucks, standing backhandspring to tuck, layouts, and twisting fulls.

Twisting Tumbling (Ages 6 & Up) - 1 hour class - must already have backhandspring and tuck on a trampoline.

Cheer 101 (Ages 5-7) - 1 hour class - working fundamental cheer motions, jumps, stunting and tumbling.

Cheer and Tumble (Ages 6 & Up) - 1 hour class - working progression of cheer motions, jumps, stunting and tumbling.

Fun Flexibility - 30 minute class - \$30 a month for both classes. Must be signed up for both classes. Fun drills to increase flexibility.



EXTREME

GYMNASTICS * T&T * CHEER * KARATE

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SUMMER



SCHEDULE

Monday

- 4:00pm - Level 2 Tumbling
- 4:15pm - Kids Gym
- 5:00pm - Gymnastics Level 1
- 5:00pm - Twisting Tumbling
- 6:00pm - Beginner Tumbling
- 6:00pm - Tucks N Up
- 7:00pm - Fun Flexibility
- 7:00pm - Gymnastics Level 2

Wednesday

- 4:30pm - Beginner Gymnastics
- 4:30pm - Beginner Tumbling
- 5:30pm - Gymnastics Level 1
- 5:30pm - Tiny Tots
- 6:30pm - Kids Gym
- 6:30pm - Level 2 Tumbling

Tuesday

- 10am - Tiny Tots
- 11:00am - Kids Gym
- 4:00pm - Backhandspring Class
- 4:30pm - Cheer 101
- 5:00pm - Tucks N Up
- 5:30pm - Cheer and Tumble
- 6:00pm - Twisting Tumbling
- 7:00pm - Level 2 Tumbling

Thursday

- 4:00pm - Ninja Warrior (All Ages)
- 4:30pm - Level 1 Tumbling
- 5:00pm - Ninja Warrior (Ages 5-7)
- 5:30pm - Fun Flexibility
- 6:00pm - Backhandspring Class
- 6:00pm - Ninja Warrior (Ages 8 & Up)
- 7:00pm - Tucks N Up

Classes start June 3rd

