

ANNUAL REGISTRATION
\$45 FOR 1 CHILD
\$75 FOR FAMILY

Extreme Cheer & Tumble
20 Old Waco Rd.
Temple, Tx 76502
254-780-0087



Monday & Friday Morning
Open Gym
Ages 5 and Under - \$5 per child
10:00am - 11:30am
Friday Night Open Gym
Ages 6 and Up - \$20 per child
6:30-9:30pm

| Class Time per Student | Cost Per Month |
|----------------------------------|----------------|
| :45 Minutes a week | \$70.00 |
| 1 Hour a week | \$75.00 |
| 2 nd Additional Class | + \$50.00 |
| 3 rd Additional Class | + \$35.00 |

Begins January 6th
2025 Winter Schedule - TEMPLE

| Class | Days | Times | Class Description |
|---|------------------------------------|--|---|
| Extreme Tiny Tots (18mo - 2yrs) | Mon Tues Thurs | 5:00 5:00 4:00, 5:30 | 45 Minute per week - Parent or guardian participation required if needed |
| Kids Gym (3-5yrs old) | Mon Tues Wed Thurs Sat | 4:15, 5:45 4:15, 5:45 4:00, 4:45, 5:30, 6:15 4:45, 6:15 9:00am, 9:45am | 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 (Pre-Level 1) | Mon Tues Wed Thurs Sat | 5:30, 6:30 4:30, 6:30 5:30, 6:30 4:30, 6:00 10:30am | 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 | Mon Tues Wed Thurs | 4:00 6:00 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 Thurs | 5:00 4:00, 6:30 6:30 | 1 Hour per week |
| Beginner Tumbling (Pre-Level 1) | Mon Tues Wed Thurs | 5:30 5:00, 6:30 4:30 4:30 | Beginner Power Tumble for ages 6 and up |
| Level 1 Power Tumbling | Mon Tues Wed Thurs | 4:30, 7:00 5:00 5:00 4:00, 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 | 1 Hour per week - Round Off Back Handspring, Front Walkover Round-Off Back Handspring |
| Level 3 Power Tumbling | Mon Tues Wed Thurs | 5:00, 7:00 5:00 5:00 5:00 | 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 |
| Tucks N Up | Tues Wed | 7:00 6:00 | 1 Hour per week - Ages 6 and Up - Working on front tucks, back tucks, standing tucks, standing backhandspring to tuck, layouts and twisting fulls. |
| Level 4 & 5 Power Tumbling | Mon | 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 |
| Twisting Tumbling | Wed Thurs | 7:00 6:00 | 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 Back Handsprings Double Full, Arabians. |
| Cheer 101 | Thurs | 5:00 | 1 Hour per week - Beginner Cheer For Ages 5-7 |
| Beginner/Intermediate Cheer and Tumble | Tues Thurs | 5:30 6:00 | 1 Hour per week for ages 8 and up |
| CHEER BOOT CAMP FOR TRYOUTS | Mon | 7:00 | 1 Hour Class - Working on Jumps, Stunts, Motions to get ready for Middle School, High School, and/or All Star Cheer Tryouts |
| Stunt Class | Mon | 6:00 | 1 Hour Class for ALL STAR CHEER ATHLETES ONLY |
| Stretch & Jumps Class | Wed | 5:00 | 1 Hour Class - Fun drills to increase flexibility |
| KIDS NINJA WARRIOR CLASS | Tues Thurs | 6:00 (ALL AGES) 4:00 (ALL AGES) 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. |