

# ANNUAL REGISTRATION

\$45 FOR 1 CHILD

\$75 FOR FAMILY

# Extreme Cheer & Tumble

20 Old Waco Rd.

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

# Class Time per Student Cost Per Month

:45 Minutes a week	\$75.00
1 Hour a week	\$80.00
2 <sup>nd</sup> Additional Class	+ \$60.00
3 <sup>rd</sup> Additional Class	+ \$50.00

Begins January 5<sup>th</sup>

# 2026 WINTER Schedule

Class	Days	Times	Class Description
<b>Tiny Tumblers (18mo - 35mo)</b>	Tues Thurs Sat	5:00 4:00, 5:30 9:45am	45 Minute per week - Tiny bodies, Big moves! With the help of a parent or caregiver, little ones will explore basic gymnastics and tumbling in a fun, safe, and nurturing environment.
<b>Kids Gym (3-5yrs old)</b>	Mon Tues Wed Thurs Sat	5:00, 5:45 4:15, 5:45 4:00, 4:45, 5:30, 6:15 4:45, 6:15 9:00am	45 Minutes per week - Big energy, big fun, and big skills! Kids Gym is the next step after Tiny Tumblers, designed for independent 3-5-year-olds ready to explore the world of gymnastics in a more structured setting. This class helps young athletes build strength, coordination, balance, and flexibility while introducing beginner gymnastics skills like rolls, handstands, cartwheels, and basic bar and beam work.
<b>Beginner Gymnastics</b>	Mon Tues Wed Thurs Sat	5:30, 6:30 4:30 5:30, 6:30 4:30, 6:00 10:30am	1 Hour per week - Beginner Gymnastics is designed for young athletes who have graduated from Kids Gym and are ready to build on their foundational skills in a more focused and independent environment. This class introduces and develops beginner-level gymnastics skills on all apparatus—floor, bars, beam, and vault—while continuing to improve strength, flexibility, coordination, and confidence.
<b>Gymnastics Level 1</b>	Mon Tues Wed Thurs	4:00 6:00 4:30, 5:30 5:30	1 Hour per week - Gymnastics Level 1 is the next step for athletes who have a solid foundation in beginner gymnastics and are ready to advance their skills with more structure and technique. This class focuses on improving form and consistency while introducing new skills on all four apparatuses: floor, bars, beam, and vault. Athletes will work on moves such as handstands, bridges, cartwheels, pullovers, casts, and basic beam connections.
<b>Gymnastics Level 2</b>	Mon Wed Thurs	5:00 4:00 6:30	1 Hour per week - Gymnastics Level 2 is designed for athletes who have mastered the basics and are ready to tackle more complex skills with improved strength, flexibility, and technique. This class focuses on refining foundational skills while introducing intermediate-level movements on floor, bars, beam, and vault.
<b>Tumbling Foundations</b>	Mon Tues Wed Thurs	5:30 5:00, 6:30 4:30 4:00	1 Hour per week - ! Tumbling Foundations is designed for athletes ready to develop the essential building blocks of tumbling. This class focuses on proper technique and body control while introducing foundational skills such as handstands, cartwheels, bridge kick overs, back bends, round-offs, and more.
<b>Beginners Tumbling</b>	Mon Tues Wed Thurs	4:30 5:00 6:30 5:00	1 Hour per week - This class is perfect for athletes who have a strong foundation and are ready to learn more advanced skills such as back walkovers, front walkovers, Valdez, handstand variations, and more. With a focus on technique, strength, and flexibility, athletes will continue to build confidence while safely progressing their tumbling abilities. Ideal for cheerleaders, dancers, and gymnasts looking to expand their acrobatic skill set in a structured and supportive environment.
<b>Intermediate Tumbling</b>	Mon Tues Wed Thurs	4:00, 6:00 4:00, 6:00 6:00 4:00	1 Hour per week - Intermediate Tumbling is designed for athletes who have mastered walkovers and are prepared to begin working on dynamic tumbling elements like back handsprings, front handsprings, series skills, and more.
<b>Advanced Tumbling</b>	Mon Tues Wed Thurs	7:00 7:00 7:00 6:00	1 Hour per week - This high-level class is designed for experienced athletes who have mastered handsprings and are ready to work on powerful, airborne skills such as back tucks, layouts, full twists, and advanced tumbling passes. Emphasis is placed on technique, height, form, and control to ensure athletes progress safely and efficiently.
<b>ALL STAR PREP CLASS</b>	Mon Tues	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
<b>Cheer 101 (Ages 6 -8)</b>	Thurs Sat	5:00 9:30 am	1 Hour per week - This class focuses on the fundamental skills of cheer, including jumps, and basic motions. Athletes will learn the building blocks of cheer skills while developing strength, flexibility, and coordination.
<b>Beginner/Intermediate Cheer and Tumble (Ages 9 &amp; up)</b>	Thurs	6:00	1 Hour per week - This class combines the excitement of cheerleading with the skill-building focus of tumbling. Athletes will learn fundamental cheerleading techniques, including jumps, motions, and stunting, alongside essential tumbling skills.
<b>STUNT Class</b>	Mon Wed	6:30 5:00, 6:00	1 Hour Class - Stunting Basics through Advanced for all Flyers, Bases, and Backspots.
<b>Strength &amp; Fitness</b>	Mon	6:00	1 Hour Class - This specialized strength and fitness class is designed to support the unique physical demands of cheerleading and gymnastics. Athletes will focus on improving core strength, endurance, flexibility, balance, and explosive power—key components for safe and successful tumbling, stunting, jumps, and overall performance. Through a mix of body & weight training, conditioning circuits, and flexibility work, athletes will enhance their athletic foundation while reducing injury risk!
<b>KIDS NINJA WARRIOR CLASS</b>	Tues  Thurs	6:00 (5 & up)  4:00 (5&up) 5:00 (5-7yrs)	1 Hour Class- This high-energy, obstacle-based class is designed to build strength, endurance, agility, and coordination—all while having a blast navigating exciting ninja-style challenges. Inspired by the popular Ninja Warrior concept, athletes will climb, jump, swing, balance, and race through obstacle courses that test both physical ability and mental focus.