

**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**



Begins June 3<sup>rd</sup>

**UNLIMITED CLASSES**

# 2026 SUMMER Schedule

\$170 each month – June, July, and August

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 Fri Sat	4:15, 5:00, 5:45 4:15, 5:45 4:00, 4:45, 5:30, 6:15 4:45, 6:15 11:30am 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>Extreme Basics</b>	Tues Sat	7:00 10:30am	Designed for those older beginners who are new to tumbling & gymnastics but ready to start their journey with purpose. This class covers fundamental skills on floor, bars, and beam while focusing on strength, coordination, flexibility, and proper technique from the ground up. It's the perfect starting point for athletes who didn't come through a Kids Gym program but are ready to build a solid foundation for future training and progression.
<b>Extreme Foundations</b>	Mon Tues Wed Thurs	4:00, 5:30, 6:30 4:30, 5:30, 6:30 4:30, 5:30, 6:30 4:30, 6:00	1 Hour per week - The next step up from Kids Gym, designed for those athletes who are ready to continue building their tumbling & gymnastics journey. This class focuses on developing strong, proper basics on floor, bars, and beam while reinforcing body control, flexibility, strength, and confidence. Athletes will work progressions that set the foundation for future levels in a safe, structured, and supportive environment.
<b>Gymnastics Level 1</b>	Mon Tues Wed Thurs	4:00 6:00 4:00, 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>Beginners Tumbling</b>	Mon Tues Wed Thurs	6:30 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	5:00, 6:00 6:00 5:00, 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	5:00, 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 Tumbling &amp; Strength</b>	Mon Tues Wed	6:00 4:30 6:00	1 Hour Class - ALL STAR CHEER ATHLETES ONLY
<b>STUNT Class</b>	Tues Wed	5:00 5:00, 6:00	1 Hour Class - Stunting Basics through Advanced for all Flyers, Bases, and Backspots.
<b>Cheer 101 (Ages 6 - 8)</b>	Thurs	5:00	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>KIDS NINJA WARRIOR CLASS</b>	Tues Thurs	6:00 (5 & up) 4:00 (5&up) 5:00 (5-7yrs) 6:00 (5&Up)	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.