



# CLASS SCHEDULE: Starts August 1, 2018

1700 N. Redbud Pl. Broken Arrow, OK 74012

918-258-5437 www.ssbkids.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>4:30-5:30</b> Lincoln Christian</p> <p><b>4:30-5:30</b></p> <ul style="list-style-type: none"> <li>Blue Frog</li> <li>Leopard Frog</li> <li>Bull Frog</li> </ul> <p>• Adv. Beg. 1 • Adv. Beg. 2</p> <p><b>4:30-7:30</b> Level 6+ Boys Team</p> <p><b>5:30-7:30</b> Jr. All Star Cheer 13 and under</p> <p><b>5:30-6:30</b></p> <ul style="list-style-type: none"> <li>Blue Frog</li> <li>Leopard Frog</li> <li>Bull Frog</li> </ul> <p>• Adv. Beg. 1 • Adv. Beg. 2 • Teen Tumble • Running Tumble</p>	<p><b>4:30-5:30</b></p> <ul style="list-style-type: none"> <li>Blue Frog</li> <li>Leopard frog</li> <li>Bull Frog</li> <li>Adv. Beg.1</li> <li>Adv. Beg 2</li> <li>Running Tumble</li> </ul> <p><b>4:30-6:30</b> Level 4 Boys Team</p> <p><b>4:30-7:30</b> Level 5+ Boys Team</p> <p><b>5:30-6:30</b></p> <ul style="list-style-type: none"> <li>Blue Frog</li> <li>Leopard Frog</li> <li>Bull Frog</li> </ul>	<p><b>10:00-10:45am</b> Parent Tot</p> <p><b>4:30-7:30</b></p> <ul style="list-style-type: none"> <li>T3: Lev. 6+</li> <li>Opt. T3 Lev. 4-5</li> </ul> <p><b>4:30-8:30</b> Level 6+ Boys Team</p> <p><b>5:00-6:30</b> Mini All Star Cheer 4-8 years</p> <p><b>5:30-8:30</b> TGA</p> <p><b>5:30-6:15</b> Parent Tot</p> <p><b>6:30-7:30</b> Mini Cheer Tumble</p>	<p><b>4:30-5:30</b></p> <ul style="list-style-type: none"> <li>Blue Frog</li> <li>Leopard Frog</li> <li>Bull frog</li> </ul> <p>• Kangaroo • Adv. Beg 1 • Adv. Beg 2 &amp; 3</p> <p><b>4:30-6:30</b> Level 4 Boys Team</p> <p><b>4:30-7:30</b> Level 5 Boys team</p> <p><b>5:30-6:30</b></p> <ul style="list-style-type: none"> <li>Blue Frog</li> <li>Leopard Frog</li> <li>Bull Frog</li> </ul> <p>• Kangaroo • Adv. Beg. 1 • Adv. Beg. 2</p>	<p><b>4:30-7:30</b> T3: Levels 3 and up</p> <p><b>4:30-7:30</b> Level 6+ Boys Team</p> <p><b>4:30-7:30</b> TGA</p> <p><b>7:30-8:30</b> <b>AGES 7+</b> <b>Open Gym + Make-up Class</b> Last Friday each month</p>	<p><b>Birthday Parties Voted #1 Tulsa Kids</b></p> <p><b>Sunday: Jr. All Star Cheer 1-2:30</b></p>	
<p><b>6:30-7:45</b> Dynamites</p> <p><b>7:45-8:30</b> Dynamites B &amp; B</p> <ul style="list-style-type: none"> <li><b>6:30-7:30</b></li> <li>Blue Frog</li> <li>Leopard Frog</li> <li>Bull Frog</li> </ul>	<p><b>5:30-7:30</b></p> <ul style="list-style-type: none"> <li>T3: Level 3/ 4</li> </ul> <p><b>5:30-8:30</b></p> <ul style="list-style-type: none"> <li>T3: Level 5 &amp; up</li> </ul> <p><b>6:30-7:30</b></p> <ul style="list-style-type: none"> <li>Blue Frog</li> <li>Leopard Frog</li> <li>Bull Frog</li> </ul>	<p><b>6:30-7:30</b> <b>FROG CLASSES ONLY:</b> <b>Open-Gym + Make-up class</b> Last Wednesday each month</p>	<p><b>6:30-7:45</b> Dynamites</p> <p><b>7:45-8:30</b> Dynamites B &amp; B</p>	<p><b>Class Descriptions:</b> <i>Ages 12 months-7 years:</i> <b>Parent/ Tot:</b> ages 6-18 months <i>Polliwog</i> <b>Parent/ Tot:</b> ages 19-36 months <i>Froglets</i> <b>Blue Frog:</b> beginner 3-5 yr. olds <b>Leopard frog:</b> intermediate 3-6yrs. <b>Bull Frog:</b> advanced 4-6 yrs., straight cartwheel required. <i>Ages 7+ class requirements:</i> <b>Kangaroo:</b> beginner, no cartwheel <b>Adv. Beg. 1:</b> straight leg cartwheel <b>Adv. Beg. 2:</b> round off with rebound <b>Adv. Beg. 3:</b> back handspring <b>Running Tumble 1:</b> round off back handspring <b>Running Tumble 2:</b> must have multiple back handsprings (twice a week recommended) <b>Teen Tumble:</b> 10+ with round off <b>Cheer Technique:</b> jumps, motions, and tumbling (ages 4-8) <b>Cheer Tumble:</b> tumbling and jumps for cheerleaders <b>Dynamites Bars and Beam:</b> work only on Bars and Beam. Must be enrolled in another class. <b>Boys Rec:</b> classes leading toward competition gymnastics <b>Tulsa Gymnastics Academy (TGA):</b> Traditional girls gymnastics starting to compete <b>Ninja Warrior:</b> Strength, balance, and fun to train for obstacle courses</p> <p><i>Auto drafted Monthly Tuition:</i> <b>1 day/ week:</b> \$68.00 monthly <b>2 days/ week:</b> \$110.00 monthly <b>Parent Tot:</b> \$55.00 (45 minutes) <i>Annual Registration fee: \$55.00</i></p>		
<p><b>6:30-7:30</b></p> <ul style="list-style-type: none"> <li>Kangaroo</li> <li>Adv. Beg 1</li> <li>Adv. Beg. 2</li> <li>Teen Tumble</li> <li>Running tumble</li> </ul> <p><b>7:30-8:30</b></p> <ul style="list-style-type: none"> <li>Ninja Zone</li> <li>Teen Tumble</li> <li>Running Tumble</li> </ul>	<p><b>7:30-8:30</b> Ninja Zone</p>	<p><b>7:30-8:30</b></p> <ul style="list-style-type: none"> <li>Teen Tumble</li> <li>Running Tumble</li> <li>Cheer Tumble</li> </ul>	<p><b>6:30-7:30</b></p> <ul style="list-style-type: none"> <li>Blue Frog</li> <li>Leopard Frog</li> <li>Bull Frog</li> </ul> <p>• Adv. Beg. 1 • Adv. Beg. 2</p> <p><b>7:30-8:30</b></p> <ul style="list-style-type: none"> <li>Boys Rec</li> <li>Teen tumble</li> <li>Running Tumble</li> </ul>			