



CLASS SCHEDULE: updated 9/1/2018

1700 N. Redbud Pl. Broken Arrow, OK 74012

918-258-5437 www.ssbkids.com

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