



CLASS SCHEDULE: updated 2/4/2019

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</p> <p>• Adv. Beg. 2</p> <ul style="list-style-type: none"> Kangaroo <p>4:30-8:30 Level 6+ Boys Team</p> <p>5:30-7:30 Monday Cheer Clinic (ages 7+ with Back Handspring)</p> <p>5:30-6:30</p> <ul style="list-style-type: none"> Blue Frog Leopard Frog Bull Frog <p>• Adv. Beg. 1</p> <p>• Adv. Beg. 2</p> <p>• Teen Tumble</p> <p>• Running Tumble</p> | <p>4:30-5:30</p> <ul style="list-style-type: none"> Blue Frog Leopard frog Bull Frog <ul style="list-style-type: none"> TRAMPOLINE <p>• Adv. Beg.1</p> <p>• Adv. Beg 2</p> <p>• Running Tumble</p> <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>4:30-5:30 Conditioning Core Strength</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 Wednesday Cheer Clinic (ages 5+ with Back Walkover)</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>3:30-4:30 Leopard/Bull Frog</p> <p>4:30-5:30</p> <ul style="list-style-type: none"> Blue Frog Leopard Frog Bull frog <ul style="list-style-type: none"> Kangaroo Adv. Beg 1 Adv. Beg 2 & 3 <p>4:30-6:30 Level 4 Boys Team</p> <p>4:30-7:30 Level 5/8 Boys</p> <p>5:00-6:30 Thursday Cheer Clinic (ages 4+ for new to Cheer & Tumble)</p> <p>5:30-6:30</p> <ul style="list-style-type: none"> Blue Frog Leopard Frog Bull Frog <ul style="list-style-type: none"> Kangaroo Adv. Beg. 1 Adv. Beg. 2 | <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>7:30-8:30 Bars & Beam (ages 8 & up)</p> | <p>T3 & TGA: 1st and 3rd Saturday of month (8-10am)</p> <p>10-11am Bars & Beam (ages 5-7yrs)</p> <p>• Birthday Parties Voted #1 Tulsa Kids</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>7:30-8:30</p> <ul style="list-style-type: none"> Teen Tumble Running Tumble Cheer Tumble | <p>6:30-7:30 Dynamites</p> <p>7:30-8:00 Dynamites B & B</p> <p>6:30-7:30</p> <ul style="list-style-type: none"> Blue Frog Leopard Frog Bull Frog Adv. Beg. 1 Adv. Beg. 2 | <p>Class Descriptions: <i>Ages 6 months-7 years:</i> Parent/ Tot: ages 6mos-2yr Blue Frog: beginner 3-5 yr. olds Leopard frog: intermediate 3-6yrs. Bull Frog: advanced 4-6 yrs., straight cartwheel required.</p> <p><i>Ages 7+ class + requirements:</i> Kangaroo: beginner, no cartwheel Adv. Beg. 1: straight leg cartwheel Adv. Beg. 2: round off w/re-bound 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 Tumble: tumbling and jumps for cheerleaders 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 Girls Gymnastics Rec: 6-10 yrs. 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 (one fee per family)-</i> Current Pro Rated Reg fee \$25</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 Stunt Class | <p>7:00-8:30 Union Cheer Squad</p> <p>7:00-8:00 Ninja Zone (Ages 6+)</p> | <p>6:30-7:30pm Frog Classes Open Gym + Make-up Class</p> | <p>7:30-8:30</p> <ul style="list-style-type: none"> Boys Rec Teen tumble Running Tumble <p>7:15-8:45 Infinity Cheer Squad</p> | | |