



# REC CLASS SCHEDULE: **Fall 2019**

effective 8/19/19

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 Cheer</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</p> <ul style="list-style-type: none"> <li>Adv. Beg. 1</li> <li>Adv. Beg. 2</li> </ul>	<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><b>4:30-5:30</b> Boys Rec (6+)</p>	<p><b>4:30-5:30</b> Conditioning Class</p>	<p><b>3:30-4:30</b></p> <ul style="list-style-type: none"> <li>Leopard &amp; Bull Frog</li> </ul> <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</p> <ul style="list-style-type: none"> <li>Adv. Beg. 1/2/3</li> </ul> <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</p> <ul style="list-style-type: none"> <li>Adv. Beg. 1/2</li> </ul>	<p><b>5:30-6:15</b> <b>Parent Tot *</b> <i>(starts 9/6/19!)</i></p> <p><b>7:30-8:30</b> Rec. Gymnastics</p> <p><b>Open Gym +Make up Class = Last Friday of the month 7:30-8:30pm</b></p>	<p><b>10-11am</b> Rec. Gymnastics</p> <p>Check Website For Clinic dates/times!</p> <p>Contact Office For Birthday Party Dates/times!</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</p> <ul style="list-style-type: none"> <li>Adv. Beg. 2</li> <li>Teen Tumble</li> <li>Running/Cheer Tumble</li> </ul>	<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>5:30-6:15</b> <b>Parent Tot*</b> <i>(currently full-see New Friday class!)</i></p> <p><b>6:30-7:30</b> Ninja Zone (6+)</p>	<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</p> <ul style="list-style-type: none"> <li>Adv. Beg 2</li> <li>Teen/Running Tumble</li> </ul>	<p><b>Class Descriptions:</b> <i>Ages 12 months-7 years:</i> <b>Parent/Tot:</b> ages 12-36 months <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.</p> <p><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>Boys Rec:</b> classes leading toward competition gymnastics <b>Recreational Gymnastics:</b> Non-competitive, achievement-oriented girls program working toward competition readiness <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 monthly <b>2 days/ week:</b> \$110 monthly <b>Parent Tot:</b> \$58 (45 minutes) Ask about sibling discounts!</p> <p><i>Annual Registration fee:</i> <b>\$55.00 from August to August</b></p> <p>Revised 8.23.19</p>	
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