



CLASS SCHEDULE: Summer 2019

1700 N. Redbud Pl. Broken Arrow, OK 74012 918-258-5437 www.ssbkids.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3:30-4:30 Blue Frogs</p> <p>4:30-5:30 Lincoln Christian Cheer</p> <p>4:30-5:30</p> <ul style="list-style-type: none"> • Blue Frog • Leopard Frog • Bull Frog <p>• Kangaroo</p> <ul style="list-style-type: none"> • Adv. Beg. 1 • Adv. Beg . 2 	<p>4:30-5:30</p> <ul style="list-style-type: none"> • Blue Frog • Leopard Frog • Bull Frog <p>4:30-5:30 Boys Rec (6+)</p>	<p>10-10:45 am Parent Tot</p> <p>3:30-4:30 Conditioning Class</p>	<p>3:30-4:30</p> <ul style="list-style-type: none"> • Leopard Frog • Bull Frog <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 1/2/3 <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 1/2 	<p>6:30-7:30 Rec. Gymnastics</p>	<p>10:00-11:00 am Rec Gymnastics Class</p> <p>Birthday Parties Voted #1 Tulsa Kids</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"> • Adv. Beg. 1 • Adv. Beg. 2 • Teen Tumble • Running Tumble 	<p>5:30-6:30</p> <ul style="list-style-type: none"> • Blue Frog • Leopard Frog • Bull Frog 	<p>5:30-6:15 Parent Tot*</p> <p>6:30-7:30 Ninja Zone (6+)</p>	<p>6:30-7:30</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 • Teen/Running Tumble 	<p>Class Descriptions: <i>Ages 12 months-7 years:</i> Parent/ tot: ages 12-36 months 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 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 Boys Rec: classes leading toward competition gymnastics Recreational Gymnastics: Non-competitive, achievement-oriented girls program working toward competition readiness 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: \$108.00 monthly Parent Tot: \$55.00 (45 minutes)</p> <p><i>Annual Membership fee:</i> \$55.00 from August to August</p>	
<p>6:30-7:30</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 • Teen Tumble • Running tumble <p>7:30-8:30 Ninja Warrior (8+) Teen Tumbling Running Tumble Stunt Class</p>	<p>6:30-7:30</p> <ul style="list-style-type: none"> • Blue Frog • Leopard Frog • Bull Frog <ul style="list-style-type: none"> • Adv. Beg. 1 • Adv. Beg . 2 • Teen Tumble • Running Tumble <p>7:30-8:30 Trampoline (7+)</p>	<p>7:30-8:30 Open Gym/Makeup (All ages)</p>	<p>7:30-8:30</p> <ul style="list-style-type: none"> • Adv. Beg. 1 • Adv. Beg 2 • Teen Tumble • Running Tumble <p>7:30-8:30 Boys Rec</p> <p>7:30-8:30 Ninja Warrior 5-8 years</p>		