

Oklahoma Extreme Tumbling and Trampoline  
Fall Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
4	Tot Allena B1 Adam	Tot Allena B1 Adam	Tot Allena B1 Adam	Intermediate Dusty B2 Adam B1 Allena	430 B2/int Adam
5	B1 Allena B2/Int Adam	Tots Allena B2 Dusty Advance Adam	B1 Allena B2/Int Adam	B2 Adam Int/adv Dusty	530 B2/int Adam
6	B1 Allena Intermediate Dusty B2 adam Trampoline Kayla	B1 Allena Intermediate Dusty B2 Adam	Intermediate Dusty B2 Adam Trampoline Allena	B2/Int Adam	
7	Advance Dusty	B2/Int Chavez Advance Dusty	B2/Int Chavez Advance Dusty		

Class Types

B1	Little or no tumbling Expericnece. Will be training on basic tumbling and strenghting skills including cartwheels, round offs, hand stands, bridges, etc
B2	Must have accomplished round off. Will be trained to connect round off to back handspring
Intermediate	Must be able to connect round off back hand spring. Will be working a series of back handspring and handspring tuck
Advanced/fu	Must have back handspring tuck. Will focust on series, standing tumbling, layouts and fulls
Tots	Will be working on forward and backward rolls, This class is for children 3 to 5 years old.

All classes will be 50 to 55 minutes long. This is a temporary scheduld which will change as we work through the phases that the State of Oklahoma has in place for us.

Open gym and trampoline classes will make a return in later phases along with additional classes.

Tuition will be due the first of every month. Classes are \$65 for your first class and \$45 for each addition class per family You can sign up for classes on oxtumble.com or oxcheer.com