

Oklahoma eXtreme Tumbling & Trampoline

Class schedule

2016

Monday

11:00am Tots/B1
4:00 B1 – B2 - Intermediate –Trampoline
5:00 Tots - B1- B2-advance
6:00 B1-B2-Intermediate-Trampoline
7:00 B2-Advance/Fulls

Tuesday

4:00 B1 – B2-Intermediate
5:00 Tots – B1- B2-advance
6:00 B1 – B2 – Intermediate-trampoline
7:00 B2 – Advanced

Wednesday

11:00 Tots
4:00 B1 – B2 – Intermediate –Trampoline
5:00 Tots – B1 – B2- Advance
6:00 Tots – B2 – Intermediate- Trampoline
7:00 Advanced

Thursday

4:00 B1 – B2 – Intermediate
5:00 Tots - B1 – B2 - Advance
6:00 B1 – B2 - Trampoline
7:00 B2-Intermediate

Friday

4:30 B2
5pm Rhythmic Gymnastics
5:30 B2

Saturday

11:30 Ninja Zone (for boys age 3-11)
1:00 Open Gym
2:00 Back Handspring Clinic

All Classes are one hour long unless otherwise indicated. Schedule is subject to change due to space availability and enrollments.

One Open Gym designated per week. This is included in tuition as a makeup class if you miss your scheduled class. Otherwise it will be \$5 to participate for open gym.

Class Types

B1 – Little or no tumbling experience. Will be trained on basic tumbling and strengthening skills including cartwheels, round-offs and handsprings

B2 – Must have accomplished round-off. Will be trained to connect round-off to back-handspring.

Intermediate –Must have accomplished a round off back-handspring, ready to move on to back tuck, and series. Will be working on standing tumbling also

Advanced/Fulls – 6+ must have accomplished a back handspring back tuck. Will focus on series, standing tumbling, layouts, fulls, etc.

Trampoline- Reserved for those who love to jump! These athletes will be taught fundamental skills and basic techniques of trampoline based on USAG guidelines.

Tumbling Tots – Working on forward rolls and hand placements heading toward cartwheels. 3-5 years old.

Tuition is due the first of every month. There will be a 10% late fee added for tuition paid after the 10th of every month.. \$65 for the First class, \$45 for any addition class or siblings.

Ask about having your Birthday Party Celebration at OXT or come by and pick up a brochure! We have a new 48' Inflatable Obstacle Course with a rock wall and slide at the end.

If you have questions, comments or concerns, call us at 918-369-3938
Follow us on Facebook at Oklahoma Extreme Trampoline and Tumbling, LLC