

## FAME CLASSES:SUMMER SESSION BEGINS June 3, 2017

Class	Days	Time	Age	Class Start	Class End	12 week Session
Mommy and Me	Mon	4:30-5:15 pm	6 Month-2	June 5	Aug 28	\$160
Tumbling Tots	Mon	4:15-5:00 pm	2-3.5	June 5	Aug 28	\$160
Youth Cheer Class	Mon	5:30-6:30 pm	*5-10	June 5	Aug 28	\$180
Junior/Senior Cheer Class	Mon	6:30-7:30 pm	*11 & up	June 5	Aug 28	\$180
Beginner/Intermediate Tumbling	Mon	6:30-7:30 pm	6 and up	June 5	Aug 28	\$180
Advanced Tumbling	Mon	7:30-8:30 pm	6 and up	June 5	Aug 28	\$180
Flight School (Open Stunt Class)	Tues	6:00-7:00 pm	5 and up	June 13	Aug 29	\$15 per class
Tiny Tumblers	Tues	6:30-7:15 pm	*3.5-6	June 6	Aug 29	\$160
Flexability and Core Strength	Tues	6:00-6:30 pm	5 and up	June 6	Aug 29	\$145
Open Drop in Tumbling Class	Tues	7:15-8:15 pm	6 and up	June 6	Aug 29	\$15 per class
Back Walkovers and Back Handsprings	Wed	5:30-6:00 pm	6 and up	June 7	Aug 30	\$145
Flexability and Core Strength	Wed	6:00-6:30 pm	5 and up	June 7	Aug 30	\$145
Tiny Tumblers	Wed	6:30-7:15 pm	*3.5-6	June 7	Aug 30	\$160
Tricking and Flipping with Alex	Wed	6:30-7:30 pm	7 and up	June 7	Aug 30	\$180
Open Drop in Tumbling Class	Wed	7:30-8:30 pm	6 and up	June 7	Aug 30	\$15 per class
Beginner/Intermediate Tumbling	Thur	6:00-7:00 pm	6 and up	June 8	Aug 31	\$180
Open Drop in Tumbling Class	Thur	7:00-8:00 pm	6 and up	June 8	Aug 31	\$15 per class
Homeschool Fitness, Fun, and Friends	Thur	3:30-4:30 pm	5 and up	June 8	Aug 31	\$180
Beginner/Intermediate Tumbling	Sat	10:00-11:00am	6 and up	June 3	Aug 26	\$180
Advanced Tumbling	Sat	11:00-12:00pm	6 and up	June 3	Aug 26	\$180

### CHECK OUT OUR SUMMER SPECIALS!!!

\*\*\*35% off Each Additional Class

\*\*\*All Star Members receive \$50 off coupon

-email Erica for code-one per student on all classes

\*\*\*Unlimited Class Pass for Summer Session \$325

\*\*\* All Star Cheer Members receive Open Tumble for \$10 per class

\*\*\*Unlimited Passes Cover all Open Tumble Classes as well

# FAME ALL STARS CLASS OFFERINGS AND DESCRIPTIONS

## **Mommy and Me (Ages 6 months – 2 Years)**

Mommy and Me is a fantastic class for mom and child both to get a little physical workout in while bonding, learning, discovering, socializing, and having fun. This class will have some open playtime, some structured activities, and more.

## **Tumbling Tots (Ages 2-3.5)**

This class will focus on basic beginner skills through games, stations, and activities. Preschoolers love the trampoline, the rope, and all of our fun equipment that is great for learning and tumbling. Independent from mom and dad, this is a great first solo class. Kids will have fun all while building physical skills and self-confidence.

## **Tiny Tumblers (Ages 3.5-6)**

This class will begin to focus on skill acquisition, achieving goals, working together and listening. Children will begin working on basic tumbling such as forward and backward rolls, cartwheels, bridges/kick overs, strength, agility, and MORE!

## **Youth Cheer Class (Ages 5-10)**

This is an introductory class to cheerleading and is fantastic for youth cheerleaders beginning in cheer. Students will learn every aspect of cheer to include jumps, cheers, motions, technique drills, beginner level stunting/pyramids, dance, and MORE all while building self confidence! At the end of the class session, cheerleaders will perform a mini routine with their class to demonstrate all that they have learned. This class can also easily be a transitional track for children to join a competitive team in our program if desired.

## **Junior/Senior Cheer Class (Ages 11 and up)**

This is an intermediate/advanced cheerleading class and is fantastic for middle and high school aged cheerleaders to continue working and learning. Students will learn every aspect of cheer to include jumps, cheers, motions, technique drills, beginner level stunting and pyramids, dance, and MORE, all while building self-confidence! At the end of the class session cheerleaders will perform a mini routine with their class to demonstrate how much they have learned. This class can also easily be a transition and place children on track to join a competitive team in our program if desired. This is also a great prep class for middle and high school cheerleaders wanting to polish their skills to tryout for their school cheerleading team.

## **Homeschool Fitness, Fun, and Friends (Ages 5 and up)**

Homeschool fitness, fun, and friends class is an hour designed for homeschool children. This class will be packed with fun physical activities, games, open gym time, and MORE! We are also happy to sign off on this class as a physical activity class many homeschool programs require.

## **Flight School Stunt Class (Ages 5 and up)**

This class is focused 100% on stunting. Student's will be taught and stunted by our Worlds team athletes. Children of all ages and levels are welcome in this class, as they will work individually at their own level as they rotate through the stunt groups. This class has a maximum of 10 participants per session so that each student gets ample time in the stunt groups.

## **Beginner/Intermediate Tumble (Ages 6 and Up)**

This tumbling class will focus on many aspects of tumbling. With all students, we work on progression of skills starting with the basics to ensure safety, proper technique, and using muscle memory to perfect skills. This class will focus on learning body and core control while executing beginner to intermediate level skills such as forward and backward rolls, cartwheels, handstands, backwalkovers, front walkovers, roundoffs, backhandsprings, and more. This class is designed to build self-confidence through fitness and tumbling.

## **Advance Tumbling (Ages 6 and up)**

This tumbling class will focus on many aspects of advanced tumbling. With all students, we work on progression of skills to ensure safety, proper technique, and using muscle memory to perfect skills. This class will focus on learning body and core control while executing advanced tumbling skills such as tucks, layouts, fulls, and more. This class is designed to build self-confidence through fitness and tumbling. Students must have a solid Roundoff Double Backhandspring with a strong rebound and working on tucks to be in this class.

## **Flexibility and Core Strength (Ages 5 and up)**

Flex class is designed to focus on training students to become more flexible for flying, jumping, and more. Specifically, we will focus on front and back flexibility used for stunting, proper holding techniques and body positions. In addition to the flexibility piece of the class, we will also work on core body strength needed for strong tumbling, flying, and jumping.

## **Open Tumbling Class (Ages 6 and up)**

Open Tumble class is fully instructed and is open to all ages 7 and up. Although ages and skill levels may be mixed, each student will work one on one with our instructors when going through the stations and lines. Coaches are prepared to work with beginners thru advanced tumblers. This is a drop-in class for convenience. Just show up at our front counter to check in and you can sign up for this class on the spot each night.

## **Backwalkovers and Backhandsprings (Ages 6 and up)**

This class is a 30-minute power class that focuses on 2 specific skills for the entirety of the class. We ask that students arrive a few mins early to class to stretch on their own so that we can spend the entire 30 mins on skill work. We will work specifically on backwalkovers and backhandsprings (whichever your child is working on)

## **Tricking and Flipping with Alex (Ages 7 and up)**

Tricking and Flipping is taught by Coach Alex. Alex is an elite level tumbler and is excited to teach this dynamic new class! Tricking and flipping will focus on traditional and non-traditional types of tumbling. This class is very different in that it will encourage flipping from many other disciplines such as martial arts, breakdancing, freerunning, and more. This class will be incredibly fun!