

FAME CLASSES: FALL SESSION BEGINS Sept 9, 2017

Class	Days	Time	Age	Class Start	Class End	4 Month Session
Tumbling Tots	Mon	4:15-5:00 pm	2-3.5	Sept 11	Dec 18	\$215
Cheer Technique Class	Mon	5:30-6:30 pm	9 and up	Sept 11	Dec 18	\$225
Standing Tuck Class	Mon	6:30-7:00 pm	6 and up	Sept 11	Dec 18	\$215
Family Fitness Fun Workout(price includes parent and child)	Mon	7:00-7:45 pm	6 and up	Sept 11	Dec 18	\$250
Beginner/Intermediate Tumbling	Mon	6:30-7:30 pm	6 and up	Sept 11	Dec 18	\$225
Advanced Tumbling	Mon	7:30-8:30 pm	6 and up	Sept 11	Dec 18	\$225
Flight School (Open Stunt Class)	Tues	6:00-7:00 pm	5 and up	Sept 12	Dec 19	\$15 per class
Tiny Tumblers	Tues	6:30-7:15 pm	*3.5-6	Sept 12	Dec 19	\$205
Flexability and Core Strength	Tues	6:00-6:30 pm	5 and up	Sept 12	Dec 19	\$205
Open Drop in Tumbling Class	Tues	7:15-8:15 pm	6 and up	Sept 12	Dec 19	\$15 per class
Back Walkovers and Back Handsprings	Wed	5:30-6:00 pm	6 and up	Sept 13	Dec 20	\$205
Flexability and Core Strength	Wed	6:00-6:30 pm	5 and up	Sept 13	Dec 20	\$205
Tiny Tumblers	Wed	6:30-7:15 pm	*3.5-6	Sept 13	Dec 20	\$205
Tricking and Flipping with Alex	Wed	6:30-7:30 pm	7 and up	Sept 13	Dec 20	\$215
Open Drop in Tumbling Class	Wed	7:30-8:30 pm	6 and up	Sept 13	Dec 20	\$15 per class
Beginner/Intermediate Tumbling	Thur	6:00-7:00 pm	6 and up	Sept 14	Dec 21	\$215
Open Drop in Tumbling Class	Thur	7:00-8:00 pm	6 and up	Sept 14	Dec 21	\$15 per class
Beginner/Intermediate Tumbling	Sat	10:00-11:00am	6 and up	Sept 9	Dec 16	\$215
Advanced Tumbling	Sat	11:00-12:00pm	6 and up	Sept 9	Dec 16	\$215

CHECK OUT OUR FALL SPECIALS!!!

***35% off Each Additional Class

***All Star Team Members receive \$25 off coupon per class PLUS additional 35% of second class and up.

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

***Unlimited Class Pass for September-December Session \$400

*** 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

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!

Family Fitness Fun Workout (ages 6 and up)

This class is recommended for kids and parents to come workout together and have some fun getting fit together! Moms and Daughters, Dads and Sons, Dads and Daughters..... everyone is welcome! This class will be a great workout but also tons of fun! We will be getting some cardio, toning, strength, and flexibility work in. Coach McKayla who is a fitness guru will be leading this class! The class price includes for student and one parent to attend the class. Come learn workout tips and exercises you can do in class but also at home to stay fit!

Cheer Technique

This class is focused specifically on teaching cheerleading technique and is a fantastic class for rec, middle and high school cheerleaders to continue working and learning. Beginner students are also welcome! 😊 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! This class can also easily be a transition and place children on track to join a competitive team in our program if desired.

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.

Standing Tuck Class (ages 6 and up)

This class is a 30 minute power class that focuses on this one specific skill, the standing back tuck for the entirety of the class. We ask that the students arrive a few mins early to class to stretch on their own so we can spend the entire 30 mins on skill work.

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 signup 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!