

## FAME:WINTER-SPRING CLASS SESSION BEGINS Jan 6<sup>th</sup>

Class	Days	Time	Age	Class Start	Class End	4 Month Session
Tumbling Tots	Mon	4:15-5:00 pm	2-3.5	Jan 8	April 23	\$225
Standing Tuck Class	Mon	6:00-6:30 pm	6 and up	Jan 8	April 23	\$225
Beginner/Intermediate Tumbling	Mon	6:30-7:30 pm	6 and up	Jan 8	April 23	\$250
Advanced Tumbling	Mon	7:30-8:30 pm	6 and up	Jan 8	April 23	\$250
Flight School (Open Stunt Class)	Tues	6:00-7:00 pm	5 and up	Jan 9	April 24	\$15 per class
Tiny Tumblers	Tues	6:30-7:15 pm	*3.5-6	Jan 9	April 24	\$225
Flexibility and Core Strength	Tues	6:00-6:30 pm	5 and up	Jan 9	April 24	\$225
Open Drop in Tumbling Class	Tues	7:15-8:15 pm	6 and up	Jan 9	April 24	\$15 per class
Back Walkovers and Back Handsprings	Wed	5:30-6:00 pm	6 and up	Jan 10	April 25	\$225
Flexibility and Core Strength	Wed	6:00-6:30 pm	5 and up	Jan 10	April 25	\$225
Tiny Tumblers	Wed	6:30-7:15 pm	*3.5-6	Jan 10	April 25	\$225
Open Drop in Tumbling Class	Wed	7:30-8:30 pm	6 and up	Jan 10	April 25	\$15 per class
Beginner TINY Cheer	Thur	5:30-6:15 pm	3-6	Jan 11	April 26	\$225
Beginner/Intermediate Tumbling	Thur	6:00-7:00 pm	6 and up	Jan 11	April 26	\$250
Open Drop in Tumbling Class	Thur	7:00-8:00 pm	6 and up	Jan 11	April 26	\$15 per class
Beginner/Intermediate Tumbling	Sat	10:00-11:00am	6 and up	Jan 6	April 28	\$250
Advanced Tumbling	Sat	11:00-12:00pm	6 and up	Jan 6	April 28	\$250

### CHECK OUT OUR NEW YEAR SPECIALS!!!

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

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

All Star Team Members email Erica for coupon

Unlimited Pass All Star Members email for \$50 off

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

\*\*\*Unlimited Class Pass for January-April 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

**\*\*There will be no classes Easter Weekend March 30-April 1\*\***

## **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!

## **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 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)

## **Beginner Tiny Cheer (ages 3-6)**

This class is for our littlest cheerleaders wanting to learn beginning cheer skills. This class is a fantastic introductory to becoming an all-star cheerleader on our Tiny Team or just for learning more about cheerleading. We will work on motions, jumps, basic stunting, dance, and more. This class is great for learning team work and self-confidence.