

FAME: FALL/Winter 2018 CLASS SESSION BEGINS September 5th

Class	Days	Time	Age	Class Start	Class End	4 Month Session
Beginner/Intermediate Tumble	Mon	5:30-6:30 pm	6 and up	Sept 10	Dec 17	\$250
Beginner/Intermediate Tumbling	Mon	6:30-7:30 pm	6 and up	Sept 10	Dec 17	\$250
Advanced Tumbling	Mon	7:30-8:30 pm	6 and up	Sept 10	Dec 17	\$250
Flight School (Open Stunt Class)	Tues	6:00-7:00 pm	5 and up	Sept 18	Dec 18	\$15 per class
Tiny Tumblers	Tues	6:00-6:45 pm	3-5	Sept 11	Dec 18	\$225
Beast Mode Strength Class	Tues	6:45-7:15 pm	5 and up	Sept 11	Dec 18	\$200
Open Drop in Tumbling Class	Tues	7:15-8:15 pm	6 and up	Sept 11	Dec 18	\$15 per class
Back Walkovers and Back Handsprings	Wed	5:30-6:00 pm	6 and up	Sept 5	Dec 19	\$200
Tiny Tumblers	Wed	6:00-6:45 pm	3-5	Sept 5	Dec 19	\$225
Flexibility and Core Strength	Wed	6:45-7:15 pm	5 and up	Sept 5	Dec 19	\$200
Open Drop in Tumbling Class	Wed	7:15-8:15 pm	6 and up	Sept 5	Dec 19	\$15 per class
Beginner TINY Cheer Class	Thur	5:45-6:30 pm	3-6	Sept 6	Dec 20	\$225
Beginner/Intermediate Tumbling	Thur	6:00-7:00 pm	6 and up	Sept 6	Dec 20	\$250
Open Drop in Tumbling Class	Thur	7:00-8:00 pm	6 and up	Sept 6	Dec 20	\$15 per class
Beginner/Intermediate Tumbling	Sat	10:00-11:00am	6 and up	Sept 8	Dec 22	\$250
Advanced Tumbling	Sat	11:00-12:00pm	6 and up	Sept 8	Dec 22	\$250

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 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 Summer Session \$400

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

***Unlimited Passes Cover all Open Tumble Classes

FAME ALL STARS CLASS OFFERINGS AND DESCRIPTIONS

****There will be no classes Oct 31st, Nov 21-24th****

Tiny Tumblers (Ages 3-5)

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.

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.

Beast Mode Strength Class (ages 5 and up)

Looking to get stronger? Then you don't want to miss this class. This class will be designed to help athletes become better bases and back spots as well as better athletes in general. We will be working explosive legs and arms to work on better stunting technique and strength.

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)

Beginner Tiny Cheer (ages 3-5)

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.