

FAME: Winter/Spring 2019 CLASS SESSION BEGINS January 5th

Class	Days	Time	Age	Class Start	Class End	4 Month Session
Beginner/Intermediate Tumble	Mon	5:30-6:30 pm	6 and up	Jan 7 th	April 22 nd	\$250
Beginner/Intermediate Tumbling	Mon	6:30-7:30 pm	6 and up	Jan 7 th	April 22 nd	\$250
Advanced Tumbling	Mon	7:30-8:30 pm	6 and up	Jan 7 th	April 22 nd	\$250
Tiny Tumblers	Tues	6:00-6:45 pm	3-5	Jan 8 th	April 23 rd	\$225
Beast Mode Strength Class	Tues	6:45-7:15 pm	5 and up	Jan 8 th	April 23 rd	\$200
Open Drop in Tumbling Class	Tues	7:15-8:15 pm	6 and up	Jan 8 th	April 30 th	\$15 per class
Back Walkovers and Back Handsprings	Wed	5:30-6:00 pm	6 and up	Jan 9 th	April 24 th	\$200
Tiny Tumblers	Wed	6:00-6:45 pm	3-5	Jan 9 th	April 24 th	\$225
Cheer Fundamentals	Wed	6:00-7:00 pm	7-11	Jan 9 th	April 24 th	\$250
Flexibility and Core Strength	Wed	6:45-7:15 pm	5 and up	Jan 9 th	April 24 th	\$200
Open Drop in Tumbling Class	Wed	7:15-8:15 pm	6 and up	Jan 2 nd	April 24 th	\$15 per class
Cheer Fundamentals (Tiny Age)	Thur	5:45-6:30 pm	4-6	Jan 10 th	April 25 th	\$225
Beginner/Intermediate Tumbling	Thur	6:00-7:00 pm	6 and up	Jan 10 th	April 25 th	\$250
Beginner/Intermediate Tumbling	Sat	10:00-11:00am	6 and up	Jan 5 th	April 27 th	\$250
Advanced Tumbling	Sat	11:00-12:00pm	6 and up	Jan 5 th	April 27 th	\$250
Open Drop in Tumbling Class	Sat	12:00-1:00 pm	6 and up	Jan 5 th	April 27 th	\$15 per class

CHECK OUT OUR New Year's 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 Winter/Spring 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 April 20th-accounted for in class schedule)****

Cheer Fundamentals (Ages 4-6 and 7-11)

Cheer Fundamentals is a new and exciting class for this session. Cheer fundamentals will be an introduction to all things cheerleading! Student's will begin learning every aspect of cheerleading to include, jumps, motions, dance, stunts, some tumbling, and lots of teambuilding. This class is great for students interested in learning more about cheer and can also be used as an entry for those interested in possibly joining an All Star Team at FAME in the future or a rec or school team. Gyms across the country are offering this course and we are excited to begin offering it as well.

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!

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 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 3-5)

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.

Open Drop In Tumble Class (ages 6 and up)

Open Drop In Class is comprised of different ages and skill levels and is open to anyone to walk in to. This class is super convenient as you do not need an appointment or to be registered ahead. You can simply walk in, check in at our counter, and take the class. Although the class is open to different ages and skill levels our students will be working at each of their own levels on whatever skills they need. Each child will have turns with the instructors where they can work one on one at their own skill level.