

Almost Famous Class Descriptions

Parent & Tot Gym

Discover fun and ongoing skill development through music, movement, learning, and laughter. This parent involved gym class is a fun way to introduce your child to a classroom atmosphere with you there next to them, to encourage them along. This class will be participating in Winter & Spring Gym Showcase.

Intro To Gym

Your child can explore a basic introduction to tumbling in a fun and structured atmosphere. We work on basic tumbling, listening, and fine motor skills (balance, hand eye coordination, and body awareness). This class will be participating in Winter & Spring Gym Showcase.

Gym

This class was designed to build a well-rounded power tumbler. Each student will be taught how to properly execute and perfect their gymnastics drills and skills. Students will showcase a floor pass for the Winter & Spring Gym Showcase.

*Advanced Gym classes must have pre-approval from the instructor. Students must have the following skills:

- Kindergarten - 5th (Front & Back Consecutive Walkovers)
- 5th-12th (Round Off Back Handspring)

Intro To Dance

Your child can explore a basic introduction to dance in a fun and structured atmosphere. We work on listening skills, musicality, creative movement, and all of the great fundamentals to start them out (balance, hand eye coordination, and body awareness). This class will be participating in Winter & Spring Dance Recital.

Pom/Hip Hop

This combo class will focus on the fundamentals of pom and hip hop dance styles. Hip Hop will be a fun, upbeat and fast moving portion of class that focuses on coordination, strength, and current hip hop choreography, music, and technique. The pom portion of class will focus on technique, and placement/execution of pom motions to prepare students for a future on their High School dance team. Students will learn both Pom and Hip Hop choreography for the Winter & Spring Dance Recital.

Jazz/Lyrical

This combo class will focus on the fundamentals of jazz and lyrical dance styles. Jazz will be a fun, upbeat, and fast moving portion of class that is designed to focus on musicality, rhythm, and footwork. The lyrical portion of class will combine elements of ballet with an emphasis placed on grace, fluidity, musicality, and expressiveness to capture emotion through movement. Students will perform both jazz and lyrical choreography to perform at both our Winter & Spring Dance Recital.

Cheer

This class will focus on all of the fundamentals of cheerleading. Students will work beginner level stunting, basic tumbling, and cheering. A great class to add to your gymnastics class. This class will perform at both our Winter & Spring Gym Showcase.