

Class Descriptions

Preschool Classes

Parent & Tot - (18 months - 40 months) A great learning experience for your child in a social setting. Music and movement exploration are a major part of the curriculum. Coordination is developed along with gross and small motor skill development. Activities may include singing songs, playing games, balls, parachute, and ribbons. Concepts such as through, in, on, under, over, around, sharing, and taking turns will also be introduced as your child works through different stations. This class prepares them for a preschool tumbling class and is a great way to bond and share quality time with your child. Classes are 30 *minutes*.

Preschool Tumble Gym - (3 - 5) This class is designed for boys and girls, ages 3* through 5, who have not yet started kindergarten. Basic tumbling such as rolls, cartwheels, and handstands will be taught. Children will also work in an obstacle course setting that is designed to develop coordination, strength, flexibility, body awareness, self-control, and self esteem. Children will also work on important concepts like taking turns and playing with others. Other activities may include hoops, ribbons, balls, bars, balance beams, or the parachute. A small 6:1 student/teacher ratio is kept for personal attention. *Children younger than 40 months old must have previously taken a Parent & Tot class and demonstrate good listening skills, or have a teacher recommendation. Classes are 45 *minutes*.

Advanced Preschool/Kindergarten - (4 - 6) This class is more skill orientated with an emphasis on tumbling technique, strength, and flexibility. Students must be able to demonstrate a cartwheel with proper form, push into a bridge, follow directions, and show an above average ability in their strength and/or flexibility. Teacher approval needed. Classes are 50 *min*.

Tots and Pom Poms - (3 - 5) - This is the perfect class for your future cheerleader. Cheerleaders will dance with poms, learn cheers, work on jumps, and will even tumble in the gym! 50 *minutes*

Tiny Tots & Tutus - (2.5 - 3) This is the perfect introduction to dance for your tiny dancer. Dancers will begin with tap, move into ballet stretches and positions, work on beginner tumbling skill, and conclude with each dancer dressing up with tiaras, wings, and tutus while dancing to music. Too cute! 45 *minutes*

Tots & Tutus - (3.5 - 6) - Dancers will begin class learning basic tap steps and tap combinations. They will then move into ballet stretches, center floor and bar work, across the floor, and ballet combinations. Dancers will end class wearing wings, tiaras, and tutus while dancing to music. Too cute! 50 *minutes*

Disney Combo - (3 - 5) - Dancers will enjoy learning tap and ballet to favorite Disney songs. Throughout the class different Disney themes from princesses to Minnie will be used in teaching tap and ballet combinations. How Fun! 50 *minutes*

Dancers Combo - (3 - 4 & 5 - 7) - This class works on a combination of tap, ballet, and tumbling. Dancers will work on improving their tap and ballet while learning combinations. They will then move to the gym where they will work on improving their tumbling skills. 50 *minutes*

School Age Classes

Kindergarten Tumbling - This class is designed especially for girls who are in kindergarten. This class is a combination of a preschool tumble gym class and a girl's level 1 class. Students will build strength, flexibility, agility, confidence, beginner dance elements, and basic coordination. Girls will work on beginner tumbling skills: rolls, cartwheels, round-offs, handstands, backbends, and kick-overs. The use of the Tumble Trak will also be incorporated. Perfect for beginners and first time tumblers. 55 *minutes*.

Level 1 - This class is taught in a progressive method that allows each child to develop at their own rate. This class is designed to develop strength, flexibility, agility, confidence, beginner dance elements, and basic coordination. Students will be taught rolls, handstands, cartwheels, round-offs, backbends, and kick-overs. The use of the Tumble Trak will also be incorporated. Students will move to level 2 after mastering the skills taught in level 1. Classes are 55 *minutes*.

Level 2 & 3 - Same concepts as a level 1 class, but for students who have mastered the previous levels skills. Students will work on intermediate/advanced tumbling skills such as front and back walkovers, handstand forward rolls, running round-offs, front hand-spring, and back hand-springs. The use of the Tumble Trak will also be incorporated. More time will be spent on strength and conditioning. *Classes are 55 minutes.*

Level 4 & 5 - These classes are designed for tumblers who have mastered the standing and running back hand-spring with proper form and technique. Students will work on standing and running tucks, aerials, aerial walkovers, and advanced tumbling combinations. The use of the Tumble Trak will also be incorporated. *Classes are 55 minutes.*

Teen Tumbling - This class is designed for teens wanting to get proper instruction in cheer tumbling. Students will work on developing the strength, flexibility, technique, progressions, and form that is needed for cheer tumbling. Girls will also work on improving their cheer jumps and will use the Tumble Trak to help them advance on their tumbling skills. *Classes are 55 minutes.*

Pom/ Cheer/ Tumble - This is a non-competitive cheerleading class designed specifically for your future cheerleader or performer. This class is designed to teach tumbling, jumps, cheer motions, pom routines, spirit and team building for beginner and intermediate levels. Students will spend a portion of each class in the dance room and then out in the gym to work on their tumbling skills. *Classes are divided by age groups. Classes are 55 minutes.*

Funky Jazz/Hip Hop - Come dance the class away with this high energized dance class. Dancers will work on improving their coordination, balance, flexibility, and strength while moving to upbeat music. Students will work on a variety of combinations during the course of the year. *Classes are divided by age groups. Classes are 55 minutes.*

Kinetic Energy - The Flip Zone's performing team. Kinetic Energy performs at various events around the valley. Kinetic Energy focuses on both dance and tumbling in a team setting. Please call or email for more information.

Adult Jazz - This class is for all adults who love dancing and want a great workout. Combinations will be taught while incorporating strength and body sculpting exercises. No experience necessary! Come join the fun while getting a great work-out. *Classes are 55 minutes.*

Just for Boys

Tiny Tuff Guys/Tuff Guys - These classes are designed for boys aged 3&4 and 5 -7 years old. The main focus for these classes will be to improve overall strength, flexibility, agility, body awareness, and tumbling skills while boosting their confidence and self-esteem; essential elements needed in all sports. Boys will work through stations in an obstacle course setting, use the Tumble Trak, and end each class with a game. *Classes are 50 minutes.*

Dress Code

Tumbling Classes -

Girls: leotards, unitards, dance shorts, fitted dance tops, footless tights

Boys: athletic shorts and tops

Dance Classes -

Combos - black tap shoes, pink ballet shoes, leotards with or without tights, fitted dance shorts/pants, dance skirts, fitted dance tops

Funky Jazz/Hip Hop - black jazz shoes, jazz pants, dance shorts, dance tops

Tap - black tap shoes, jazz pants, leotards, dance tops, dance shorts, tights

Pom/cheer/tumble - leotards worn with cheer shorts

Adult Jazz - jazz shoes or clean indoor only aerobic shoes, work-out clothing

Street clothing is not permitted. Baggy tee shirts and pants are not permitted. Hair must be tied back for both dance and tumbling classes. For the safety of all our students and instructors dancers and tumblers need to dress appropriately for their classes. Thank you!