

Frederick Gymnastics Club, Inc.  
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www.frederickgymnastics.com

### PROGRAM OVERVIEW

Be a part of Mid-Maryland's largest gymnastics program. We have fun, fitness-focused programs in a state of the art 18,000 square ft. air conditioned facility. Frederick Gymnastics Club has been serving the Frederick Community for over 28 years. Be a part of FGC - Simply the Best!



### PARENT 'N CHILD PROGRAMS

#### WALKING TO 3 YEARS

This program provides lots of movement and FUN with Mom or Dad. Our Toddler classes are for walking to 24 months and our Parent 'n Peanut classes are for 2 to 3 year olds. They both strive to provide a fun, positive learning environment that is child centered around age appropriate developmental movements using gymnastics equipment and music.

### PRE SCHOOL PROGRAMS

#### AGES 3 TO 6

Our preschool program has been designed to provide fun, safe, developmentally sound progressions so each child begins to understand their body's capabilities and limitations through the wonderful sport of gymnastics. Through these learning experiences, our goal is to provide a solid base of fundamental skills, body positions and movement patterns. Learning gymnastics should be inspiring and there is far more to it than meets the eye!

Tumblebears: 3 - 3 1/2 years This is the first class children can participate in without a parent.  
Munchkins: 3 1/2 - 4 years Kindertots: 4 years Tumbletots: 5 & 6 years

### RECREATIONAL GYMNASTICS FOR GIRLS & BOYS

Gymnastics is an unsurpassed activity for the development of the whole child, whether a child aspires to be a top notch national gymnast or simply wants to experience the fun and sense of achievement that the sport provides. Gymnastics challenges provide strength, agility, and coordination while also developing qualities such as self-confidence, risk assessment, and perseverance. There is no activity equal in value to gymnastics.

### UNIVERSAL TUMBLING

#### CHEERLEADERS!!!!

If you want to advance your tumbling skills...we will help you progress to the next level! All classes and programs designed by Leigh Koester, NPC national fitness competitor, certified personal trainer, USAG professional member, USAG safety certified, first aid and CPR certified. Tumbling builds strength, power, courage and confidence. Universal tumbling offers beginning, intermediate and advanced tumbling classes for students 6 years and older. Students will utilize our forty foot long tumble trak, in-ground trampoline, rod floor, spring floor and foam filled training pits.



### TRAMPOLINE

#### 1<sup>st</sup> Grade and up

This program will provide instruction in correct trampoline technique, from basic jumping and body control through advanced flipping and twisting skills. This program is a great asset for the springboard divers to learn fundamentals through advanced skills necessary for competitive diving. The program will be coached by Luke Mulhern, an NCAA Division I diver and National finalist in USA Trampoline and Tumbling.

### GET FIT

#### 16 years -Adult

This program is new to our schedule in hopes of providing an avenue for teens and adults to get a great workout while their children are in class or just an extra workout that will NOT be the same hum-drum workout at the "gym". It promises to provide aerobic fitness, flexibility training, core strength training and balance utilizing ply metrics, balls, and trampolines. The classes will be taught by Ms. Leigh and Luke Mulhern.