



Birthday Parties

The gym is a great place to have your child's birthday party. Parties are scheduled on Sunday afternoons. Be sure to make your reservations early as we book several months in advance. A \$50 deposit is required to hold your date. See the class schedule for party times and prices.

OPEN GYM

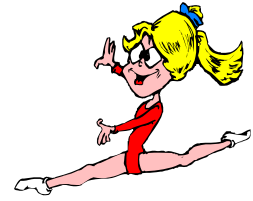
We provide open gym two times per week for our students and for those not currently in our programs to use the facility to practice their gymnastics skills. We do have strict rules that are passed on to us by our insurance carrier for everyone's safety. Cooperation from everyone allows for a safe and fun open gym experience. The open gym times are as follows:

Wednesday 2:00 - 3:30pm ~ Preschool & Homeschool Open Gym

Friday 12:30 - 2:00pm ~ Preschool Only (Kindergarten and younger)

Cost \$4.00 for members \$7.00 for non members

Please call 301-695-9414 and press 5 for open gym cancellations.



Directions to our facility: From Rt.270 – take exit 31B (Rt. 85 south) go approximately 2 miles and turn right onto English Muffin Way, take the first right onto Wedgewood Blvd. The gymnastics center is the first building on the right.

What should my child wear? Clothing should be nonrestrictive, form fitting, free of zippers, buttons, snaps and other decoration that can catch on equipment. Necklaces, earrings and other jewelry should not be worn in the gym. Attire for girls: leotards, unitards, one piece bathing suits, shorts and a t-shirt (tucked in) are all acceptable. Attire for boys: t-shirts and shorts or sweat pants are acceptable. All students are required to be bare footed and long hair must be tied back or pulled away from the face prior to class. Gum, food or drinks are not allowed in the gym.



Punctuality

Moms & Dads, for the sake of your child as well as all of the other children, please arrive on time! Being late is far more difficult on a child than what many parents realize. The warm up period at the beginning of class is very important for every child to participate in. It is done for safety and preparation to prevent injury. If your child is late, they will have to do warm up activities before they can begin regular gymnastics class activities.

Spectators

Parents are not allowed in the gym unless they are involved in a parent child class. Siblings or other children are not permitted in the gym unless they are enrolled in a class. Older siblings are not allowed on the floor during parent-child classes. Please use the observation area provided.

All viewing must be done from the observation area on the balcony. The observation area is unique in gymnastics in that it requires that observers follow the gym's safety rules. Please refrain from gesturing, signing or correcting your child while they are on the gym floor. Please do not attempt to coach or speak to your child while in class. This interferes with your child's attention on the task and on the instructor's teaching. This distraction can also be dangerous and result in an injury to your child. Parents who wish to photograph or videotape their child must notify an FGC staff member first. Flash photography is not allowed.

Parents, please keep children not participating in class with you and under your supervision at all times. Please feel free to use the TV/VCR on the balcony to entertain your children but we ask that you assist them in using it.

If you leave the gym during class, please return on time and come into the lobby to pick up your child. Gymnasts are not allowed to wait outside for rides.

Gymnasts must wait in the lobby or balcony area until the instructor calls the class to the gym floor. No one is allowed on the floor without an instructor.

CLASS CHANGE FEE

Class Change Fee- Please carefully consider your class selection prior to enrollment. If parents choose to change class times or days during the term, after the registration form has been submitted, a \$10.00 class change fee will be charged. No charge will apply if the rescheduling is at the request of the gym.

SNOW POLICY

If there is a question as to whether classes will be cancelled due to inclement weather, PLEASE call the gym just prior to coming. Listen to the menu and dial 5 for cancellations. This message is updated throughout the day. The recording will indicate if classes are cancelled or delayed. We do not follow the school policy or schedule for closing.

Contacting the Instructor

If you wish to speak to an instructor about your child please leave a note at the front desk and the instructor will contact you as soon as possible. Please respect the instructor's time with their other classes and students.

Although we make every effort to have a consistent instructor within the term, we do not guarantee that instructors will remain in the same positions. The gym reserves the right to close a class if it is full or if there is not enough interest. Some classes may have a combination of ability levels.

