



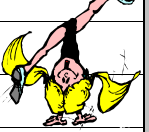



2009-2010 Frederick Gymnastics Club ~ Class Schedule

	Program	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Child	Toddler	Walking to 2 years			10:30-11:20	9:30-10:20		9:00-9:50	 Birthday Parties Sundays 12:00 - 1:30 1:15 - 2:45 2:30 - 4:00 3:45 - 5:15 5:00 - 6:30 Cost: 1-15 children \$150.00/member \$175.00/non-member 16-21 children \$175.00/member \$200.00/non-member Please Schedule as Far in Advance as Possible 301-695-9414
	Parents 'n Peanuts	2 to 3 years		1:00-1:50	9:30-10:20 11:30-12:20	10:30-11:20		10:00-10:50	
Pre-school	Tumble Bears	3 to 3-1/2 years	11:30-12:15 1:00-1:45 4:30-5:15	11:30-12:15	10:30-11:15	9:30-10:15 11:30-12:15	11:00-11:45	9:00-9:45 11:00-11:45	
	Munchkins	3-1/2 to 4 years	9:30-10:20 2:00-2:50 5:30-6:20	2:00-2:50	9:30-10:20 1:00-1:50	11:30-12:20 4:30-5:20 6:30-7:20		10:00-10:50 11:00-11:50	
	Kindertots-Plus	By invitation only		2:00-3:00			2:00-3:00		
	Kindertots	4 years	10:30-11:20 1:00-1:50 5:30-6:20 6:30-7:20	9:30-10:20	11:30-12:20 1:00-1:50	10:30-11:20 1:00-1:50 5:30-6:20	10:00-10:50	10:00-10:50 11:00-11:50	
	Tumbletots	5 to 6 years	10:30-11:20 2:00-2:50 4:30-5:20 6:30-7:20	10:30-11:20 1:00-1:50	11:30-12:20	10:30-11:20 1:00-1:50 5:30-6:20 6:30-7:20		9:00-9:50 11:00-11:50	
	Home School Gym	3 to 5 years					2:00-2:50		
Age Group Gymnastics	Home School Gym	6 to 12 years				2:00-3:00			
	Supertots 4-5 year olds	By invitation only		this class meets 2X/wk		5:30-6:30		9:30-10:30	
	Superstars 5-6 year olds	By invitation only		this class meets 2X/wk		4:00-5:30	PRE SCHOOL OPEN GYM 12:30-2:00 Ages 6 & under \$4.00 members \$7.00 non-members	10:30-12:00	
	Girls Level A	K thru 2nd grade	4:30-5:30	7:00-8:00	4:30-5:30	4:00-5:00 5:00-6:00		11:00-12:00	
	Girls Level B	1st grade & up	4:00-5:30 7:00-8:30	5:30-7:00	HOME SCHOOL OPEN GYM 2:00-3:30 \$4.00 members \$7.00 non-members	4:00-5:30 5:30-7:00 7:00-8:30		9:00-10:30 10:30-12:00	
	Girls Level 1	1st grade & up	5:30-7:00 7:00-8:30			4:00-5:30 5:30-7:00		9:00-10:30	
	Girls Level 2	1st grade & up	5:30-7:00	7:00-8:30		7:00-8:30		10:30-12:00	
	Girls Level 3	1st grade & up		7:00-8:30	6:30-8:00				
	Trampoline 1	1st grade & up		5:30-6:30		6:00-7:00		STAR WEEK	
	Trampoline 2	1st grade & up		7:30-8:30		7:00-8:00		Last week of	
	Boys Level 1	1st grade & up		4:30-5:30				each term !!!!!	
	Boys Level 2	1st grade & up	7:00-8:00		5:30-6:30				
Universal Tumbling with Ms Leigh	Tumbling Level 1	1st grade & up	4:30-5:30		5:30-6:30	OPEN GYM RULES Parents must sign in all children. Each child under 6 must be under the direct supervision of a parent at all times. FGC has the right to restrict any activity that we consider unsafe. All gym rules must be followed at all times. If a child is unruly he or she will not be allowed to participate.	UNIVERSAL TUMBLING OPEN GYM 1st&3rd Fridays of the month beginning 9/4/09 8:00-9:30pm 1st grade & up \$4.00 members \$7.00 non-members		
	Junior Tumbling Level 2	1st - 6th grade	5:30-6:30		4:30-5:30				
	Senior Tumbling Level 2	7th grade & up	6:30-7:30					6:30-7:30	
	Tumbling Level 3	1st grade & up							
	Sr. Cheer Tumbling	7th grade & up	7:30-8:30		7:30-8:30				
NEW	Get Fit	Adult		6:30-7:30	1:00-1:50			 Great Job! SKILLS & SPILLS AWARD SHOW JUNE 13	