

Frederick Gymnastics Club, Inc.  
4604 Wedgewood Blvd.  
Frederick, Maryland 21703  
Phone 301-695-9414 Fax 301-695-6439  
www.frederickgymnastics.com



### PARENT 'N CHILD PROGRAMS 18 MONTHS - 3 YEARS

We have divided this program into two different age groups. Our Toddler class is for 18 to 24 months and our Parent and Peanut class for 2 - 3 year olds. We 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

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.



### Summer Membership Fees

Individual \$10

Family \$15

These fees are for students that have not been enrolled since 8/25/08.

**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.

Be a part of Mid-Maryland's largest gymnastics program.  
We have fun, fitness-focused programs in a state of the art  
18,000 sq. ft. air conditioned facility.  
Frederick Gymnastics Club has been serving the Frederick Community for over 27 years.