

2006-2007 Frederick Gymnastics Club ~ Class Schedule

Parent & Child	Program	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Toddler	18 to 24 months				10:30-11:20		10:00-10:50	
	Parent 'n Peanut	2 to 3 years			9:30-10:20 10:30-11:20	9:30-10:20 11:30-12:20	10:00-10:50 11:00-11:50	11:00 - 11:50	
Pre-school	Tumble Bears	3 to 3-1/2 years	9:30-10:15 11:30-12:15 2:00-2:45	10:30-11:15 1:00-1:45	9:30-10:15 11:30-12:15 1:00-1:45	10:30-11:15 1:00-1:45	10:00-10:45	9:00 - 9:45	
	Munchkins	3-1/2 to 4 years	10:30-11:20 1:00-1:50 4:30-5:20	9:30-10:20 11:30-12:20 2:00-2:50	10:30-11:20 11:30-12:20	10:30-11:20 11:30-12:20 1:00-1:50	11:00-11:50	9:00 - 9:50	
	Kindertots	4 years	9:30-10:20 11:30-12:20 1:00-1:50 5:30-6:20 6:30-7:20	10:30-11:20 1:00-1:50	9:30-10:20 11:30-12:20 1:00-1:50	9:30-10:20 11:30-12:20 2:00-2:50 5:30-6:20 6:30-7:20	10:00-10:50 11:00-11:50	10:00 - 10:50 11:00 - 11:50	
	Tumbletots	5 to 6 years	2:00 - 2:50 5:30 - 6:20 6:30 - 7:20	9:30-10:20 2:00-2:50	1:00-1:50	9:30-10:20 2:00-2:50 5:30-6:20 6:30-7:20		9:00 - 9:50 11:00 - 11:50	
Age Group Gymnastics	Supertots 4-5 year olds	By invitation only	5:30-7:00			4:00-5:30			
	Superstars 5-6 year olds	By invitation only				5:30-7:00			
	Girls Level A	K - 2nd grade	4:00-5:00 7:00 -8:00		HOMESCHOOL OPEN GYM WEDNESDAYS 2:00-3:30 Preschool Welcome \$4.00 member \$7.00 non-member	5:00-6:00	PRE-SCHOOL OPEN GYM FRIDAYS 12:30-2:00 \$4.00 member \$7.00 non-member	10:00-11:00	
	Girls Level B-1	1st & 2nd grade	4:00-5:30	4:00-5:30 5:30 -7:00		8:30 - 10:00			
	Girls Level B-2	3rd grade & up	4:00-5:30 5:30 -7:00	4:00-5:30 7:00 -8:30		8:30 - 10:00			
	Girls Level 1	1st grade & up	7:00-8:30	5:30-7:00 7:00 -8:30		10:00 - 11:30			
	Girls Level 2	1st grade & up	5:30-7:00	7:00-8:30		10:00-11:30			
	Girls Level 3	1st grade & up	7:00-8:30	7:00-8:30					
	Jr. Boys Level 1	K - 2nd grade	4:00-5:00						
	Jr. Boys Level 2	1st - 3rd grade	5:00-6:00	4:00-5:00					
Sr. Boys Level 2	4th grade & up		5:00-6:00		6:00-7:00				
Boys Level 3	1st grade & up				7:00-8:30				
Fitnastics	Mini Fitnastics	4 to 6 years	1:00-2:00	11:30-12:30	10:30-11:30 1:00-2:00	2:00-3:00	OPEN GYM RULES Parents must sign in all children. Each child under 7 must be under the direct supervision of a parent at all times. FGC has the right to restrict any activity or use of equipment 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.		
	Jr. Fitnastics	1st - 6th grade	6:00-7:00			4:00-5:00			
	Sr. Fitnastics	7th grade & up		6:00-7:00	3:30-4:30				
Tumbling Classes	Tumbling Level 1	1st grade & up	4:30-5:30			6:30-7:30			
	Jr. Tumbling Level 2	1st - 6th grade	5:30-6:30	7:00-8:00	5:30-6:30	4:30-5:30			
	Sr. Tumbling Level 2	7th grade & up	6:30-7:30		4:30-5:30 7:30-8:30	5:30-6:30			
	Tumbling Level 3	1st grade & up	7:30-8:30		6:30-7:30	7:30-8:30			



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
16-21 children
\$175.00

Please Schedule as Far in Advance as Possible

301-695-9414