

# Summer Mini Sessions at TOP FLIGHT GYMNASTICS



## SUMMER SCHEDULE MINI SESSIONS AT A GLANCE

Session	Date
Session I	6/22 – 6/26
Session II	7/6 – 7/10
Session III	7/13 – 7/17
Session IV	7/27 – 7/31
Session V	8/3 – 8/7
Session VI	8/17 – 8/21

Check inside for details...

**Now Fully Air Conditioned**

9179 Red Branch Road  
Columbia, MD 21045



## 2009 Summer Mini Sessions



**Fully Air Conditioned Facility**

**See us at [TopFlightgym-md.com](http://TopFlightgym-md.com)**

9179 Red Branch Road  
Columbia, MD 21045

(410) 992-1600  
Fax: (410) 992-6832



# About Our Summer Mini Sessions



We offer 6 one-week sessions beginning June 22nd for boys and girls, ages 5 to 14, who would like to learn gymnastics. **(The child must be 5 years old the day the mini session starts.)**

Each mini session runs from 9:00 AM – 12:00 PM Monday through Friday.

Gymnastics activities for girls include tumbling, uneven bars, balance beam, vaulting, mini-trampoline, double mini-trampoline, and trampoline.

Gymnastics for boys include tumbling, vaulting, high bar, parallel bars, pommel horse, rings, mini-trampoline, double mini-trampoline, and trampoline.

Gymnastics typical day's activities may include:



- 9:00–9:20 Warm-up activities
- 9:20–9:50 Tumbling
- 9:50–10:20 Bars
- 10:20–10:35 Break *(bring a snack if you like)*
- 10:35–11:05 Trampoline
- 11:05–11:35 Beam
- 11:35–12:00 Ending activities

We strive to maintain a student/teacher ratio of 10 to 1.



## Mini Session Prices

Gymnastic Session	Cost
9:00 AM – 12:00 PM	\$160

## Making Reservations



Submit your application with full non-refundable payment early in order to reserve your spot (mini session space is limited). Tuition can be paid by cash, check, Visa or Mastercard. Cash and credit card payments should be made at the office. Check payments can be made by mail. Make your check payable to **TOP FLIGHT GYMNASTICS** and mail to:

**TOP FLIGHT GYMNASTICS CENTER**  
9179 Red Branch Road  
Columbia, MD 21045

Call us at (410) 992-1600 if you have any questions. Late registrations will be accepted only if space is available.

- Note:**
- Mini session week may be switched only if space is available)
  - No make-ups
  - Mini session payments are non-refundable



## Mini Session Dates



Session	Date
Session I	6/22 – 6/26
Session II	7/6 – 7/10
Session III	7/13 – 7/17
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## What to Wear



Gymnasts need to have appropriate gymnastics wear for their work-outs in the gym. Clothing should allow freedom of movement but not be oversized. Boys may wear shorts and T-shirts or sweatsuits. Girls may wear leotards, sweatsuits, or shorts and T-shirts. Long hair should be tied back and no jewelry, shoes, belts, or socks should be worn. Food and gum are not allowed in the gym.

## About our Facility

**TOP FLIGHT GYMNASTICS CENTER** offers a 20,000 square foot facility which includes a full line of men's and women's equipment for recreational and competitive students. Progressive preschool equipment is utilized to provide safe and fun gymnastics experiences for younger students.

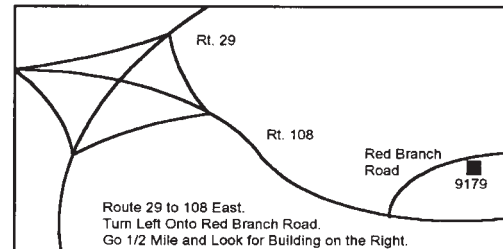
- 11 resi style safety pits
- 2 loose foam safety pits
- Fully carpeted and padded
- Trampolines/recessed double mini trampoline and 50 ft. tumble trak
- Parent observation and waiting area
- Creative climbing movement center
- New air tumbling floors

*Top Flight Gymnastics is fully air conditioned!*

## Parent Pointers

Parents are responsible for picking their children up promptly when session is over. Gym will be closing for lunch immediately following Mini Session.

## Map and Location



## Mini Session Application

Name of Gymnast \_\_\_\_\_

Male/Female \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Parent(s) Name \_\_\_\_\_

E-mail Address \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

### Check Box(s) Below for Desired Session(s)

Session	Date	Camp Session 9:00 AM– 12:00 PM (\$160)
Session I	6/22 – 6/26	<input type="checkbox"/>
Session II	7/6 – 7/10	<input type="checkbox"/>
Session III	7/13 – 7/17	<input type="checkbox"/>
Session IV	7/27 – 7/31	<input type="checkbox"/>
Session V	8/3 – 8/7	<input type="checkbox"/>
Session VI	8/17 – 8/21	<input type="checkbox"/>

- \*Sessions may be changed if there is space available.
- \*\* Gymnasts must be covered by their own medical insurance.
- \*\*\* Please notify the instructor regarding any physical impairments.

Gymnastic Mini Session: \_\_\_\_\_

No. Sessions X Cost per Session = Total Cost

\_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

\_\_\_\_\_ X \$160 = \_\_\_\_\_

## Release

The undersigned parents or guardians of the participant, \_\_\_\_\_, or and in further consideration of the **TOP FLIGHT GYMNASTICS CENTER** program, accepting said participant, hereby agree to save and indemnify and keep harmless the said **TOP FLIGHT GYMNASTICS CENTER**, its agents and sponsors, against any and all liability claims, judgements or damage arising as a result of injuries sustained by the participant during or as a result of any course of instruction or supervision given the participant by **TOP FLIGHT GYMNASTICS CENTER**.

Parents/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_