



...since 1990

# 2017-2018 I N F O R M A T I O N

## TOP FLIGHT GYMNASTICS

### 2017-2018 CALENDAR

#### Pre Registration

Early Fall Registration begins  
Thursday, June 1, 2017,  
9:00 am–Noon, 1:00 pm–8:00 pm  
(mail or drop-in)  
Fall 2017 Online registration available  
June 4 2017

#### Hours for Registration

Monday–Friday: 10:00 am–12:00 pm,  
4:00–7:00 pm  
Saturday: 10:00 am–12:00 pm

#### Opening Day of Program Year

Friday September 1, 2017

#### Thanksgiving Break

(No Classes, or Teams)  
November 23-25, 2017  
(Thursday, Friday and Saturday)  
Classes resume Monday November 27, 2017.

#### Winter Break

(No Classes, Preteam, or Rec Team)  
December 25, 2017–January 2, 2018  
Classes resume Wednesday, January 3, 2018.

#### Spring Break

(No Classes, Preteam, or Rec Team)  
Tuesday March 27, 2018 –  
Sunday April 1, 2018  
Classes resume Monday April 2, 2018  
May differ from the public school schedule.

#### Memorial Day

(No Classes or Teams)  
Monday, May 28, 2018

#### Independence Day

(No Classes or Teams)  
Wednesday July 4, 2018

#### Last Day of Program Year

Thursday, August 23, 2018



### TOP FLIGHT SPECIAL PROGRAMS

#### Recreational Team

Group A — 2nd thru 4th grade  
Group B — 5th thru 12th grade



Members of Rec Team A and B will be prepared to compete in the USAG Xcel program. Girls will learn USAG Levels I through IV and work through Level V compulsory skills. 2 days a week for 1½ hours (3 days a week available.) Members of Rec Team B also have the option to compete in the USAG Xcel program. See the Rec Team B brochure for details.

#### USAG Xcel Program

(5th grade and up)

The team focuses on instructing girls in acquiring the skills necessary for competing in the Xcel program. As a part of Rec Team B, gymnasts may opt to join the Xcel program (with team director's permission). 2 to 3 days a week for 2 hours. Three days a week required from January through May.



#### Tumbling for Middle and High School Boys and Girls

(6th grade and up)

The class is arranged to provide group instruction in tumbling, and trampoline. 1 day a week for 1 hour.  
(Teacher/student ratio 1:8)

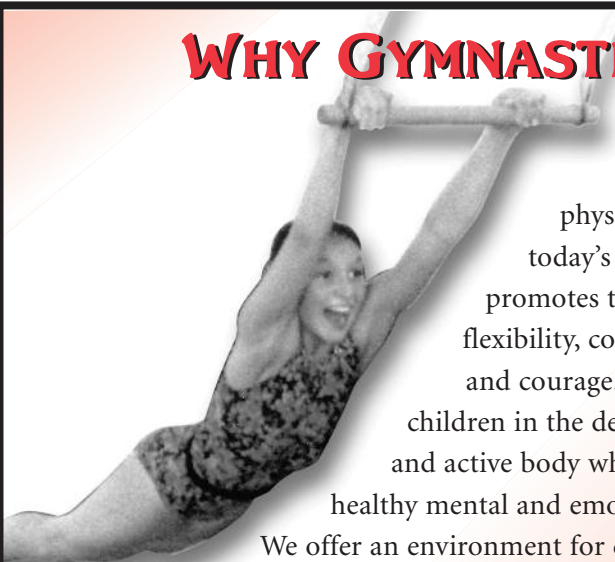


#### Preteams & Competitive Girls and Boys Teams

Specialized pre-competitive programs which follow USAG developmental programs progressing to competitive boys/girls teams Levels 1–10. See Team Brochure for details.



## WHY GYMNASTICS?



We believe gymnastics is the most complete physical activity available to today's youth. Physical activity promotes the increase of strength, flexibility, coordination, confidence, and courage. Each benefit can assist children in the development of a healthy and active body which in turn promotes a healthy mental and emotional approach to life. We offer an environment for children where physical fitness is enjoyable and comes naturally from having fun.



## RECREATIONAL PROGRAMS

### Parent and Child

(18–36 months)

This 40-minute class is designed to allow the parent an opportunity to assist the child in enhancing the development of motor skills, rhythms, and simple gymnastics skills. Incorporated in weekly lessons is the use of all gymnastics equipment including trampolines, balance beams, bars, rings, and creative climbing equipment.

Teacher/student ratio 1:10

### Preschool

(3 and 4 years)

This 45-minute class offers movement experiences for young children on equipment scaled to their size. A variety of gymnastics skills are taught while emphasizing safety, listening skills, and the correct use of trampolines, vault, balance beams, rings, and bars.

Teacher/student ratio 1:6

### Fit and Five

(Children 5 years old or in kindergarten)

This one-hour class promotes basic gymnastics skills on all apparatus and challenges students with fun learning activities. The program continues to develop coordination, strength, and flexibility while enhancing self-esteem through accomplishments.

Teacher/student ratio 1:8

### Fit and Five Invitation

(Children 5 years old or in kindergarten)

This is a 1¼ hour invitation-only class. Selections will be made periodically through the year.

Teacher/student ratio 1:8



### Girls or Boys Beginner

(1st–3rd and 4th grade and up)

This one-hour a week program is the next step from the Fit and Five class. It is also for students with minimal gymnastics experience.

Teacher/student ratio 1:8



### Girls Advanced Beginner

(1st–3rd grade)

This one-hour a week class is for girls who have had at least one year of Beginner gymnastics at Top Flight and are looking to move to the Intermediate Program.

Teacher/student ratio 1:8

### Girls Intermediate I

(1st–3rd and 4th grade and up)

A more advanced one-hour class that requires students to be able to perform a handstand forward roll, a bridge kickover, and a headspring unassisted.

Teacher/student ratio 1:8

### Boys Intermediate I

(all school age boys)

A more advanced one-hour class that requires students to be able to perform a handstand forward roll, a back extension roll, and a headspring unassisted.

Teacher/student ratio 1:8

### Boys Invitational Class

(1st–3rd grade)

This 1½ hour per week class is for boys who have had at least one year boys beginners gymnastics at Top Flight and are looking to move to the Intermediate or Boys Preteam.

Teacher/student ratio 1:8

## ADDITIONAL ACTIVITIES

### Birthday Parties

1½ hour parties offered Saturdays or Sundays at 12:30 and 3:00 for ages 3–14. (dependent on instructor availability).

For costs and further information call (410) 992-1600 or pick up an application at the office.

### Private Lessons

Available upon request (dependent on instructor availability).

### Cheerleading Group Instruction

One-hour sessions available 3:15–4:15 pm weekdays. (Call for more information.)

### Open Gym

The schedule will be posted in the Gym or you may check on the website at [TopFlightGym-md.com](http://TopFlightGym-md.com). Parents must accompany children not yet in first grade.

### Summer Mini Sessions

One-week sessions. Information available April 20, 2018.

## OWNER/DIRECTOR

Dale Kaestner

M.S. Degree in Physical Education from Indiana University, 1983

B.A. Degree in Physical Education from College of Wooster, 1981

Assistant Gymnastics Coach Indiana University, 1981–1983.

Involved in gymnastics since 1973 as competitor and instructor

USAG Safety Certified

Meet Director Certified

Director, Browns Gymnastics Camp, 1982

Director, Educational Gymnastics Program, Ohio Gymnastics Academy, 1983

School Age Program Director and Head girls' team coach, *Gymnastics Plus*, 1983–1988

Served on USGF State Board of Directors, 1987–1988.

Program Director and Coach at *Maryland Gymnastics*, 1989–1990.



## ENROLLMENT

All classes continue year round September thru August. There will be 48 classes during the year. **Once enrolled, your child will be enrolled for the program year until you notify the office in writing to discontinue classes.** Refer back to the Student Registration Contract signed in order to enroll or withdraw your child.

- A. A gymnast is enrolled for the program year (48 classes per year) September until the last class in August.
- B. Upon enrolling, it is understood that the parent(s) are responsible for all Registration and Tuition cost for the program and that tuition is due on the 1st of each month and a \$5 late fee will be applied to all payments made after the 7th of the month—no exceptions.
- C. Payment options
  1. Cash
  2. Credit (Visa/Mastercard)
  3. Check
  4. Credit Card Direct Debit—form may be obtained at the front desk.
- D. Class Withdrawals/Class Transfers: Students wishing to withdraw or requesting a class transfer/wait list placement must submit an **Enrollment Change Form to the Top Flight office by the 25th** of the current month.

This form may be downloaded from the website at TopFlightGym-MD.com and emailed or faxed 410-992-6832.

- E. Make-up classes—Please refer to the Make-up Policies in the Parent Pointers section of this brochure.
- F. Discounts—one discount per student
  1. \$5 off 2nd child and each additional child in family
  2. \$5 off 2nd or more classes
  3. No discounts on team payments
- G. Top Flight reserves the right to cancel classes with 3 students or less.
- H. Number of classes per month range from 3 to 5 (depending on holiday schedule) with the average being 4. Tuition cost is the same per month regardless of the number of classes per month.
- I. Coupons—must be provided at time of registration.

## TUITION PER MONTH

Parent/Child ( <i>meets once a week</i> ).....	\$65
<b>Preschool/Fit and Five</b> ( <i>meets once a week</i> )	
45 min. and One Hour Classes.....	\$75
1 1/4-Hour Classes.....	\$85
1 1/2-Hour Classes.....	\$95
<b>Recreation Exhibition Team A/B</b> ( <i>meets 2 times per week</i> ) .....	\$160
<b>USAG Xcel Program</b>	
2 sessions per week.....	\$180
3 sessions per week.....	\$225
<b>Tumbling for Middle and High School Boys and Girls</b> .....	\$75
<b>Preteam and Competitive Team</b> .....	<i>See Team Brochure</i>
<b>Private Lessons*</b> .....	\$60/hr.
<b>Semi Private Lessons*</b> .....	\$75/hr.

\*dependent on instructor availability

### Registration Fee

\$25 per child upon registering for September 2017 classes covering the child through August 2018. This fee is prorated April 1, 2018 through August, 2018 to \$15. The registration fee for the Recreational and the Xcel program teams, which run June 1 thru May 31, is \$50; after December 31 the fee is \$25. **Check return fee is \$25.**

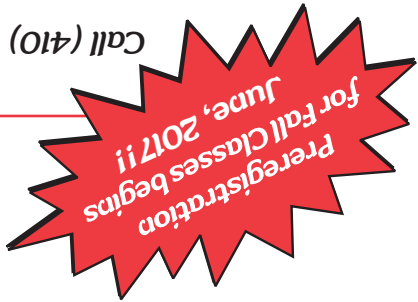
## PARENT POINTERS

- A. **Make-up Policies.** As a courtesy for a missed class, make-ups are offered on a limited basis in classes that are not currently filled.
  1. Credit for a missed class will not be accepted in lieu of tuition.
  2. A make-up class may be scheduled **only if** your child is currently enrolled in classes.
  3. To request/schedule a make-up:
    - a. In person only (no call ins).
    - b. Ask at the front desk for the make-up book for the next week.
    - c. Select a day/time/class if available and write in required info.
  4. Make-ups are limited to a maximum of 3 per quarter per student. (Sept–Nov, Dec–Feb, March–May. During June–Aug, makeups are unlimited as long as you are currently enrolled.)
  5. Make-ups may only be scheduled within the same program year. (Sept 2017 thru Aug 2018)
  6. A missed make-up may not be rescheduled.
- B. **No refunds.** No refunds on registration or class tuition.
- C. **Proper dress required.** Clothing should allow freedom of movement but not be oversized.
  1. Boys: Shorts and T-shirts or sweatsuit.
  2. Girls: Leotard, sweatsuit or shorts and T-shirt.
  3. Long hair tied back.
  4. **Please, no jewelry, shoes, belts, gum, food, slippery socks, or footed tights. No beads or metal/plastic barrettes in hair. Also, no zippers or buttons on gym clothing.**
- D. **Health disorders.** Children with any health disorders should notify the director or instructor and indicate the disorder on the registration form.
- E. **Observation.** Parents are welcome to observe classes at any time from the observation area. Please do not enter the workout area. Children must enter and exit the gym thru the correct door.
- F. **Evaluation cards.** Written evaluation cards are available at the end of November, February, and May upon your written request.
- G. **Snow policy.** Call (410) 992-1600 for a recorded message if the weather is in doubt. Top Flight will be open in inclement weather unless otherwise indicated on the recording. If you miss a class due to inclement weather, remember you can make it up as long as you are enrolled. **We do not follow the Howard County School closings.**
- H. **Promptness.** Parents are expected to pick up their children promptly when classes are over. **Children are required to wait for their parents inside the facility.**
- I. **Photography.** No photography or video in the gym.
- J. **If your child is not yet in First Grade, we request a parent or guardian remain in the area.**



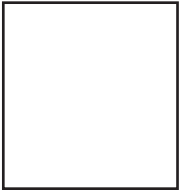
New 2017-2018 registration packet  
Call (410) 992-1600 or fax (410) 992-6832 for more information

**Fully Air Conditioned!**



9179 Red Branch Road Columbia, MD 21045  
Phone: (410) 992-1600 • Fax (410) 992-6832  
Email: [info@topflightgym-md.com](mailto:info@topflightgym-md.com)  
Website: [www.TopFlightGym-md.com](http://www.TopFlightGym-md.com) (Online Registration)

**SOARING INTO NEW HEIGHTS OF GYMNASTICS...**



## The Top Flight Facility

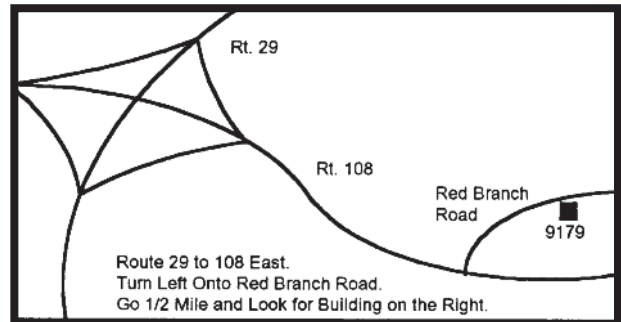
**Top Flight Gymnastics Center** offers a *fully air conditioned* 20,000 square foot facility that includes a full line of men and women's equipment for recreational and competitive students. Progressive preschool equipment is utilized to provide safe and fun gymnastics experiences for younger students.

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

### OUR STAFF

USA Gymnastics Safety Certified  
First Aid and CPR Certified  
USA Gymnastics Background Checked  
Adult Instructors

*See staff bulletin board for further information*



# Top Flight Gymnastics Class Schedule

Class	M	T	W	TH	F	S
Parent N' Child <i>18mo. Thru 3 Yrs. - 40 min.</i>		9:30 10:15	9:30 10:15	9:30 10:15		9:00 9:45
Preschool <i>3 and 4Yrs. - 45 min.</i>	4:00 4:30 4:45	9:30 10:15 11:00 4:15	9:30 10:15 11:00 4:00 4:30	9:30 10:15 11:00 4:15 5:00 5:15	9:30 10:15 11:00 1:15 2:00 4:00 4:30 6:15	9:00 9:45 10:30 11:15 12:15 1:15
Fit N' Five <i>Kindergartens - 1Hr.</i> <i>(must currently be 5 years old or in kindergarten)</i> <b>Inv - Indicates Invite Class - See Director</b>	5:15	4:15 <b>5:15</b>	4:30 5:15 5:30	4:15 5:00Inv 6:00	4:15 5:15 6:15	9:00 10:00 11:15 12:00
Homeschool Classes-1st grade and up <i>co-ed and are grouped by age - 50 min</i>		10:55	10:55	10:55		
Girls Beginner <i>1st thru 3rd grade</i> <i>1 Hr</i>  <b>Additional classes are in Bold</b>	4:30 5:30 6:15	4:15 4:45 5:15 6:15	4:15 5:15 6:30	4:15 7:00	4:15 5:15 6:00	9:15 9:30 11:00 11:15 12:00
Girls Beginner <i>4th grade and up - 1Hr</i>	4:15	5:15		4:15 8:00	5:15	10:15 12:00
Girls Advanced Beginner <i>1st thru 3rd grade - 1 Hr</i>	4:30 5:15	5:15 5:30	4:15	5:00	4:15 5:15	10:00 11:00 12:00
Girls Intermediate I <i>1st thru 3rd grade - 1 Hr.</i>		6:15				
Girls Intermediate I <i>4th grade and up - 1Hr</i>			4:45	4:15 6:00	5:15 6:00	10:15
Boys Beginner <i>1st thru 3rd grade - 1Hr</i>	<b>4:15</b> 5:15	4:15	4:15	5:15	4:45	11:00
Boys Beginner <i>4th grade and up - 1Hr</i>			5:15			12:00 Combined
Boys Invitational <i>1st thru 3rd grade - 1 1/2 Hrs</i>				5:45		
Boys Intermediate <i>All ages - 1Hr</i>						12:00 Combined
Recreational Team A-Group: 2nd thru 4th grade 1 1/2Hr each B-Group: 5th thru 12th grade 1 1/2Hr each	6:00	7:00	6:15	7:00	6:15	
Tumbling for Middle and High School <i>Boys and girls - 1Hr</i>		3:30 8:00		4:00		
Girls Preteam A Girls Preteam B Boys Preteam		6:15-8:15 6:15-8:15 6:15-8:15		6:15-8:15 6:15-8:15 6:15-8:15		12:30-2:30



# STUDENT REGISTRATION CONTRACT

Student Name \_\_\_\_\_

Date \_\_\_\_\_ Program Year: Begin Date \_\_\_\_\_ End Date \_\_\_\_\_

Student Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Gender (circle one): M / F

Address: \_\_\_\_\_ Medical conditions (if any): \_\_\_\_\_

Street

City

State

ZIP

Parent/Guardian \_\_\_\_\_ Home Phone \_\_\_\_\_

Email: \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

### Class Selection

Once your registration is received, you will be notified by phone if your selected class is full so that you may make another selection.

Class Title \_\_\_\_\_ Class Cost \_\_\_\_\_

Class Day \_\_\_\_\_ Registration Fee \_\_\_\_\_

Class Time \_\_\_\_\_ TOTAL DUE \_\_\_\_\_

Check One:  Returning Student  New Student

The annual registration fee and monthly tuition are nonrefundable. The annual registration fee is renewable each year.

Enclose the annual registration fee, plus the first month's tuition and mail to:  
Top Flight Gymnastics Center, 9179 Red Branch Road, Columbia, Maryland 21045.  
Or return this registration form, fee, and tuition to Top Flight Gymnastics in person.

### Medical Release Statement

I give approval for \_\_\_\_\_'s participation in any and all activities of the Top Flight Gymnastics program.

I hereby forever waive, and forever release and discharge Top Flight Gymnastics Center, their officers, directors, employees and agents from all liability for any and all damages and injuries suffered by the participant in connection with said use of the aforementioned equipment, instructors, and facilities.

As a student, or parent or guardian of a student, it is my option to consult a physician for assurance of proper health and am encouraged to do so by Top Flight Gymnastics Center.

I authorize the representatives of Top Flight Gymnastics Center to provide any emergency medical services that may be required due to an injury during any activity at or for Top Flight Gymnastics Center.

I understand that participation is entirely by my own choice and with the understanding that there are risks and the possibility of accidental injury, paralysis, and even death in any activity involving motion or height.

Top Flight Gymnastics Center is not responsible whatsoever for anything that happens before or after the student's designated class, camp, or open gym.

The undersigned parents or guardians, for 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, judgments 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.

I do hereby verify that I have read and understand and accept each of the above policies, terms and conditions shown by my signature below.

Parent/Guardian Signature

Date

### Enrollment and Tuition Fees Policy

**Top Flight's program year begins in September and finishes in August**

(See brochure calendar program year details).

**Check each box to indicate you have read and understood the following policies:**

I understand that I am enrolling my child for the program year (48 classes or remaining program year classes) September until last class in August.

I understand that I will be responsible for all (nonrefundable) registration and tuition costs for the program and that tuition is due on the 1st of each month. A \$5 late fee will be applied to all payments made after the 7th of the month—no exceptions. Tuition can be paid by cash, check, Visa, Mastercard or by signing up for Automatic Fund Transfers (see receptionist for details). Cash and credit card payments should be made at the office. Check payments can be made by mail.

### Class Withdrawals/Class Transfers:

Students wishing to withdraw or requesting a class transfer/wait list placement must submit an **Enrollment Change** form to the Top Flight office by the **25th of the current month**. The form may be downloaded from the website at TopFlightGym-MD.com and emailed or faxed.

I understand I may withdraw my child only by submitting a Change of Enrollment Form (available at the front desk or on line at TopFlightGym-MD.com) by the **25th of the current month**.

I understand that a final month's tuition will be due on the 1st of the month if a withdrawal request is received after the **25th of the month**.

I understand I may transfer my child to another class by submitting a Change of Enrollment Form to the front office.

**Make-up classes:** Please see brochure to fully understand the make-up policies.

It will be indicated by your signature below that you fully understand Top Flight's Enrollment Contract and Policies.

Parent/Guardian Initials

Date

Program Year \_\_\_\_\_