

Summer Mini Sessions at TOP FLIGHT GYMNASTICS



SUMMER SCHEDULE MINI SESSIONS AT A GLANCE

Session	Date
Session I	6/24 – 6/28
Session II	7/22 – 7/26

Check inside for details...

Fully Air Conditioned

9179 Red Branch Road
Columbia, MD 21045



2019 Summer Mini Sessions



Fully Air Conditioned Facility

See us at TopFlightgym-md.com

9179 Red Branch Road
Columbia, MD 21045
(410) 992-1600



About Our Summer Mini Sessions



We offer 2 one-week sessions beginning June 24 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	\$180



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	6/24 – 6/28
Session II	7/22 – 7/26

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.

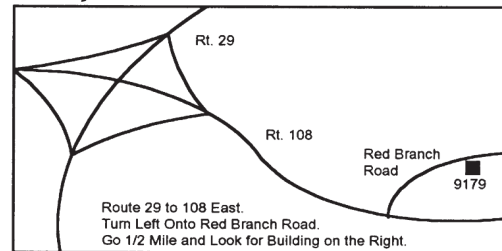
- 11 resi style safety pits
- 2 loose foam safety pits
- Fully carpeted and padded
- Trampolines/recessed double mini trampoline and 50 ft. tumble trak
- Parent observation and waiting area
- Creative climbing movement center
- New air tumbling floors

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) _____

Cell phone _____

Street _____

City _____ State _____ ZIP _____

Emergency Contact _____

Phone _____

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

Camp Session (\$180)	9:00 AM– 12:00 PM Session #	Date
<input type="checkbox"/>Session I.....	6/24 – 6/28
<input type="checkbox"/>Session II.....	7/22 – 7/26

**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
\$180

 =

TOTAL COST

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 _____