



...since 1990

# 2020-2021 INFORMATION

## TOP FLIGHT GYMNASTICS

### 2020-2021 CALENDAR

#### Pre Registration

Fall 2020 Online registration available  
June 1, 2020

#### Hours for Registration

Monday-Friday: 4:00-7:00 pm  
Saturday: 9:00 am-1:00 pm

#### Opening Day of Program Year

Thursday September 3, 2020

#### Thanksgiving Break

(No Classes, or Teams)  
November 26, 2020 (Thursday)  
Classes resume Friday November 27, 2020.

#### Winter Break

(No Classes, Preteam, or Rec Team)  
December 24, 2020-January 3, 2021  
Classes resume Monday January 4, 2021.

#### Spring Break

(No Classes, Preteam, or Rec Team)  
Friday April 2, 2021 -  
Wednesday April 7, 2021  
Classes resume Thursday April 8, 2021  
May differ from the public school schedule.

#### Memorial Day

(No Classes or Teams)  
Monday, May 31, 2021

#### Independence Day

(No Teams)  
Sunday July 4, 2021

#### Last Day of Program Year

Monday, August 23, 2021

**Due to the COVID-19 outbreak, all participants will be asked to follow additional guidelines and procedures to keep everyone safe.**



### 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)

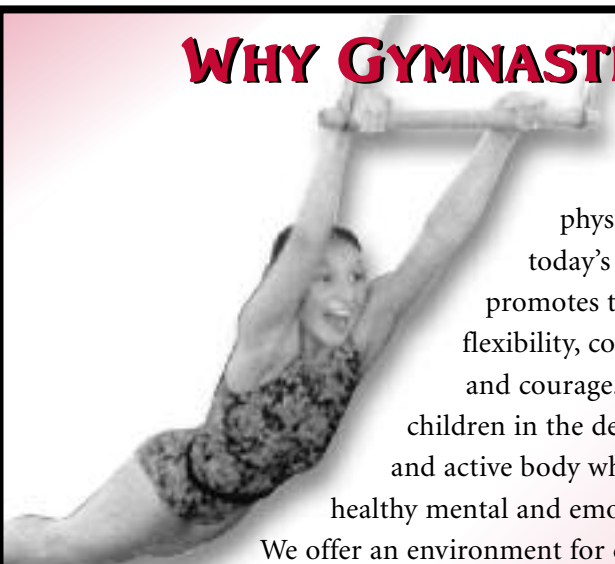


#### Preteams & Competitive Girls and Boys Teams

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 and 4th grade and up)

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. Parents must accompany children not yet in first grade.

### Summer Mini Sessions

One-week sessions. Information available April 2021.

## 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 submitted online.

- 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 2020 classes covering the child through August 2021. This fee is prorated April 1, 2021 through August, 2021 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.**

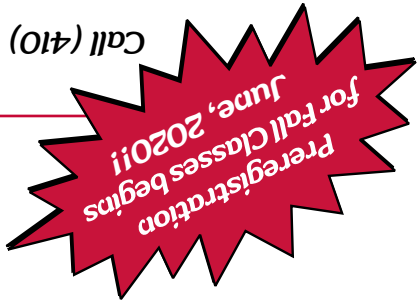
## PARENT POINTERS

- 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 2020 thru Aug 2021)
  - 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.**



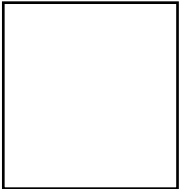
New 2020-2021 registration packet  
Call (410) 992-1600 for more information

**Fully Air Conditioned!**



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

**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*

