

# Maryland State Gym

515 Commerce Drive

Upper Marlboro, MD 20774

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*Acrobatics Program*

*For*

*Boys and Girls*

## Acrobatics

This is the program for everybody, all ages and all skill levels. There are no rules, just fun, and imagination. This program includes a variety of acrobatic and circus skills!

### **About Our School**

MD State Gym is a year round school. Throughout the year our students continue to learn and grow. When they achieve 80% of the skills on their level, they move to the next level. Each level has new objectives and challenges.

### **About Our Teachers**

Each aspect of acrobatics is taught by a skilled teacher that is trained by our senior staff as well as certified by USA Gymnastics

Ms. Abby (Beginning Acro) Coordinator

Mr. Adam (Advanced Acro) Coordinator

Mr. Kellen (Advanced Acro) Coordinator

### **Evaluation Process**

Students are evaluated for skill achievement and new skills during each class. Their progress is rewarded each week with mini certificates when they achieve new skills. Your child's progress is monitored online and you can check 24 hours a day at [youflip.com](http://youflip.com)

### **Registration Options**

- Online at [www.youflip.com](http://www.youflip.com)
- Call us at (301) 249-0808
- Stop by the front desk

Sign up for a free trial class today!

## Acrobatics Skills

- Tumbling
- Trampoline
- Mini Trampoline
- Individual Balancing
- Partner Balancing
- Juggling
- Unicycle
- Contortion/Stretch

## Benefits of Our Program

- Flexibility
- Balance
- Strength
- Coordination
- Body Awareness
- Team Work

## Pricing Chart

|                                   | Included Items   |                          | Level 1      |
|-----------------------------------|--|--------------------------|--------------|
| <b>1 month<br/>(Good Value)</b>   | <i>Online Student Progress</i>   | 1 class/wk<br>2 class/wk | \$55<br>\$85 |
| <b>6 month<br/>(Better Value)</b> | <i>MD State Gym T-Shirt<br/>Online Student Progress<br/>Reduced Registration Fee Only \$30</i> | Take \$5                 | off Monthly  |
| <b>12 month<br/>(Best Value)</b>  | <i>MD State Gym T-Shirt<br/>Online Student Progress<br/>Reduced Registration Fee Only \$25</i> | Take \$10                | off Monthly  |

## Schedule of Classes

|                  | <b>Level 1</b><br>(1 hr classes) |
|------------------|----------------------------------|
| <b>Monday</b>    |                                  |
| <b>Tuesday</b>   |                                  |
| <b>Wednesday</b> | <i>(F105) 4:00</i>               |
| <b>Thursday</b>  |                                  |
| <b>Friday</b>    | <i>(F115) 4:00</i>               |
| <b>Saturday</b>  |                                  |