

Maryland State Gym

515 Commerce Drive
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 Fall Camp
Program 

Sports Camp

(Students 4 yrs to 12 years)

This camp is specially designed for all children, both boys and girls. We teach the beginning skills in gymnastics, Team activities in soccer, basketball, field hockey and group games, with a focus on flexibility and strength.

Cheer/Tumble Camp

(Students 7 yrs to 18 years)

Cheerleading skills and tumbling skills are targeted: tumbling skills from beginning to advanced, stunts, dance and dance sequences, leaps and jumps, flexibility and strength. Taught by competitive cheer and tumble coaches.

Gymnastics Camp

Students Level 3,4,5,6,7

Focusing on skills needed to progress to the next as well as improving routines for the current season.

Sports Camp Daily Schedule

7:00	Drop off (Extended Time) \$5 per day
8:00	Open Gym Time
9:00	General Stretch
9:30	Tumbling, Events, Team Games
12:00	Lunch
1:00	Tumbling, Events, Team Games
4:30	Open Gym Time
5:30	Extended Time / Child Pick-up
6:00	Child Pick-up -Extended

Cheer/Tumble Camp Daily Schedule

7:00	Drop off (Extended Time) \$5 per day
8:00	Open Gym Time
9:00	General Stretch
9:30	Tumbling, Stunts, Dance, Trampoline
12:00	Lunch
1:00	Tumbling, Stunts, Dance, Trampoline
4:30	Open Gym Time
5:30	Extended Time / Child Pick-up
6:00	Child Pick-up -Extended

Gymnastics Camp Daily Schedule

7:00	Drop off (Extended Time) \$5 per day
8:00	Open Gym Time
9:00	General Stretch
9:30	Bars, Beam/ High bar,P-Horse, P-Bars
12:00	Lunch
1:00	Floor and Vault
4:30	Open Gym Time
5:30	Extended Time / Child Pick-up
6:00	Child Pick-up -Extended

Daily Camp Prices

All Camps

\$60 per Day
\$5 extended Time

Schedule

September	October	November
25th - Friday 28th - Monday	16th - Friday 30th - Friday	11th - Wednesday 25th - Wednesday