

Maryland State Gym

515 Commerce Drive

Upper Marlboro, MD 20774

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(301) 213 9973 youflip@gmail.com



Power Tumble Program

For

Boys and Girls

Power Tumbling

Power Tumbling is a gymnastics sport which combines the skills of artistic gymnastics on the floor and trampoline. This sport includes forward, backward, and side tumbling. Power Tumbling is often used to advance other sports such as cheerleading, dance, martial arts, and gymnastics.

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 level is taught by a skilled teacher that is trained by our senior staff, as well as certified by USA Gymnastics.

Ms. Laura (Level 2) Coordinator

Mr. Travis (Level 2) Teacher

Mr. Zach (Level 2) Teacher

Mr. Adam (Levels 3 and 4) Coordinator

Mr. Kellen (Levels 3 and 4) Teacher

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.

Registration Options

- Online at www.youflip.com
- Call us at (301) 249-0808
- Stop by the front desk

Sign up for a free trial class today!

Program Levels

Level 2

- Beginning Power Tumbling
- Students must be at least 7 years of age.
- Students are taught the fundamentals of tumbling such as roundoffs, back handsprings, and front handsprings.

Level 3

- Intermediate Power Tumbling
- Students must have obtained 80% of Level 2 skills.
- Students are taught intermediate back, front, and side tumbling skills such as back tucks, front tucks, and side aerials.

Level 4

- Advanced Power Tumbling
- Students must have obtained 80% of Level 3 skills.
- Students are taught advanced back front and side tumbling skills such as front and back layouts and fulls, double fulls, etc.

Pricing Chart

	Included Items		Level 2	Level 3	Level 4
1 month (Good Value)	<i>Online Student Progress</i>	1 class/wk 2 classes/wk 3 classes/wk 4 classes/wk	\$75 \$105 \$135 \$165	\$120 \$150 \$180 \$210	\$135 \$165 \$195 \$240
6 month (Better Value)	<i>MD State Gym T-Shirt Online Student Progress Reduced Registration Fee, only \$30</i>	Take	\$5	off	monthly
12 month (Best Value)	<i>MD State Gym T-Shirt Online Student Progress Reduced Registration Fee, only \$25</i>	Take	\$10	off	monthly

Schedule of Classes

	Level 2 Ages 7 and up	Level 3 Ages 8 and up	Level 4 Ages 8 and up
Monday	(A200) 6:00 Mr. Travis (A205) 7:00 Mr. Travis	(A300) 6:00 Ms. Laura (A305) 7:00 Ms. Laura	(A400) 7:00 Mr. Adam
Tuesday	(A210) 6:00 Mr. Zach (A215) 7:00 Mr. Zach	(A310) 7:00 Mr. Kellen (A311) 7:00 Mr. Travis	
Wednesday	(A220) 6:00 Ms. Laura (A221) 6:00 Mr. Zach (A225) 7:00 Mr. Zach	(A315) 7:00 Mr. Adam (A316) 7:00 Ms. Laura	
Thursday	(A230) 6:00 Mr. Zach (A235) 7:00 Mr. Travis (A236) 7:00 Mr. Zach	(A320) 6:00 Ms. Laura (A325) 7:00 Ms. Laura	(A405) 8:00 Mr. Adam
Friday	(A240) 7:00 Mr. Travis (A245) 7:00 Ms. Hayley (A250) 8:00 Ms. Laura (A255) 8:00 Mr. Travis	(A330) 6:00 Mr. Travis	(A410) 8:00 Mr. Adam
Saturday	(A260) 9:00 Mr. Zach (A265) 10:00 Mr. Brandon (A270) 10:00 Mr. Zach (A275) 11:00 Mr. Brandon (A280) 11:00 Mr. Zach	(A335) 9:00 Ms. Laura (A340) 10:00 Ms. Laura (A345) 11:00 Ms. Laura	(A415) 10:00 Mr. Kellen