

Maryland State Gym

515 Commerce Drive

Upper Marlboro, MD 20774

(301) 249 0808 www.youflip.com

(301) 213 9973 youflip@gmail.com



Preschool Gymnastics Program For Boys and Girls

Preschool Gymnastics

These classes are for little athletes ages 1-3. Whether your child is mastering how to walk, or is already rolling around your living room, our gymnastics classes are perfect for your little boy or girl! Enroll today, and see the benefits that your child receives from 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 at 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 both our senior staff as well as certified by USA Gymnastics. Ms. Hayley (Level 2) Coordinator

Level 1

Skills we work during our level 1 class that our little gymnastics are trying to achieve.

- Eye-hand Coordination
- Fine Motor Skills
- Flexibility
- Strength
- Social Skills
- Listening Skills
- Gymnastics Skills

Evaluation Process

Students are evaluated for skill achievement and taught new skill 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!

During Class

Fun Stretch Time
Learning Stations
Skill learning while waiting turns
All classes end with Moon Bounce
Stickers and Stamps for Good Jobs in class!

Class Rules

No jewelry
No gum or candy
Long hair tied back
Listen and follow directions
Parents may help their child
Makeups for missed classes may be scheduled during your membership period
Students should wear their uniform to class

Pricing Chart

	Included Items		Level 1
1 month (Good Value)	Online Student Progress	1 class/wk 2 class/wk 3 class/wk 4 class/wk	\$55 \$85 \$115 \$145
6 month (Better Value)	MD State Gym T-shirt Online Student Progress Reduced Registration Fee Only \$30	Take \$5	off Monthly
12 month (Best Value)	MD State Gym T-shirt Online Student Progress Reduced Registration Fee Only \$25	Take \$10	off Monthly

Schedule of Classes

	Level 1 (1 hr classes)
Monday	(100) 6:00
Tuesday	(101) 5:00
Wednesday	(105) 6:00
Thursday	(110) 5:00
Friday	(115) 6:00
Saturday	(125) 9:00 (126) 9:00 (130) 11:00