



PRESTON
GYMNASTICS ACADEMY

Class
Program
2010-2011



www.prestongymnastics.net
301-948-0827

Class Descriptions

Mom, Dad & Me! (18 Mos. - 3 yrs.)

Our program is designed to improve coordination, motor learning and control, spatial & body awareness, muscle and joint flexibility, and teach gross motor skills via movement and balance activities. Parents will find that this class is a very valuable tool for their children to be introduced to a semi-structured gym environment. Student to teacher ratio is 6:1.

Preschool (3-4 yrs.) Body awareness, flexibility, and strength in a fun, yet challenging environment. Emphasis is placed on motor learning and control, improving coordination, balance and social skills. Class activities include three events per week, comprising of Basic Tumbling, Bars, Vault, Balance Beam, Trapeze, Obstacle Course and Trampoline. Student to teacher ratio is 6:1.

Kindergarten/1st (5-7 yrs.) Emphasis is placed on learning to work both independently and with others, while improving coordination, balance, strength & flexibility on the apparatus. Class activities include three events per week, comprising all of the gymnastics events, with the addition of Trampoline. Student to teacher ratio is 8:1.

Sparks Boys Team Prep. (4-7 yrs.) This class is designed to get boys ready for the Level 4 team group. Basic skills on Trampoline, Tumbling, High Bar, Parallel Bars, Rings, Vaults, and Mushroom. Classes meet twice a week for an hour. * Must be evaluated to enroll in this class. Student teacher ratio is 8:1.

Boys 2nd & 3rd Grade (7-9 yrs.)

Boys 4th Grade & Up (10+ yrs.) These classes are geared toward Boys Artistic Gymnastics. The classes are one hour in length and cycle through the following events: Floor, Pommel Horse, Still Rings, Vault, Parallel Bars, Horizontal Bars, Trampoline, & Double Mini Trampoline. Your athlete will learn the fundamentals of Boys Artistic Gymnastics. While doing so they will increase their strength, flexibility, and air sense. Student to teacher ratio is 8:1.

Girls 2nd & 3rd Grade (7-9 yrs.)

Girls 4th Grade & Up (10yrs & up)

These classes are geared towards Girls Artistic Gymnastics. The classes are one hour in length and will cycle through Uneven Bars, Balance Beam, Vault, Floor and Trampoline. Your athlete will learn the fundamentals of Girls Artistic Gymnastics, while building up their strength, flexibility, and air awareness. Student to teacher ratio is 8:1.

Aerials Girls Prep. Team Class (4-7 yrs.) This class is designed to get girls ready for the level 4 team group. This class will work on balance beam skills, vault basics, uneven bar skills and tumbling skills. Classes meet twice a week for an hour. *Must be evaluated to enroll in this class. Student teacher ratio is 8:1.

Jump Start Team Prep. (4-7yrs.) This class is designed to get girls and boys ready for the level 4 team group. Basic skills on trampoline, tumbling and double-mini trampoline. Classes meet twice a week for an hour. *Must be evaluated to enroll in this class. Student teacher ratio is 8:1

Trampoline & Tumbling (Beginner) (Ages 7-12 yrs.)

Recreational Tumbling is a great way to improve coordination and muscular control while working with the body in a fun and rewarding way. Our classes are designed to build progressively from one skill to the next. In addition, trampoline is a great tool to help build self confidence while mastering aerial maneuvers requiring grace, speed, flexibility, coordination and control. Student to teacher ratio is 8:1.

Trampoline & Tumbling (Intermediate) (Ages 12 & Up)

This class covers advanced tumbling and trampoline. Multiple flips and twisting will be introduced. *Must be evaluated to enroll in this class. Student to teacher ratio is 8:1.

Backhandspring & More Jr. (7-10yrs.)

Backhandspring & More (11yrs. & up)

Can you do a cartwheel? Do you need to learn a backhandspring to get in the intermediate class? Do you want to get to the next level of gymnastics. This class is geared for the athlete that needs the extra help on the backhandspring to move forward in their gymnastics career. Please note your should have had some gymnastics experience before registering for this class.

Adult Classes (17+ yrs.) Classes cover all the apparatus in men's and women's gymnastics including trampoline and double mini trampoline. Student to teacher ratio 8:1.

Private Lessons (Single & Small Group)

We offer one on one instruction with student or small groups. To schedule private lessons contact the office.

Birthday Parties A spectacular hour and a half of gymnastics fun. For more info contact the office! Birthday Parties are offered on Sundays.

Field Trips Bring your school, youth group, scout group, or playgroup to an hour of gymnastics fun! Contact the office for details & scheduling.

Competitive Boys Gymnastics We are proud to offer the full range of boys competitive gymnastics from Developmental Team to Junior Elite Gymnastics. Participation is by invitation only. To be evaluated for team contact the office.

Competitive Trampoline & Tumbling

We offer a broad range of competitive experiences from Developmental Team to Elite Trampoline, Power Tumbling & Double Mini Trampoline. To be evaluated for team contact the office.

Competitive Girls Gymnastics We are proud to offer the full range of girls competitive gymnastics from Developmental Team to Junior Elite Gymnastics. Participation is by invitation only. To be evaluated for team contact the office.

Why Should Your Child Take Gymnastics?

- **Promotes Basic Physical Qualities**, such as strength, balance, agility, flexibility, and muscular endurance. *These qualities are necessary for efficient, happy, everyday living and are vitally important in successful performance in all sports.*
- **Develops the Muscular System**, especially the muscles of the upper body that are often neglected in our popular sports of today.
- **Improves Coordination.** Gymnastics movements involve the function of the entire body and provide a continual challenge toward increased coordination through progressively difficult stunts.
- **Develops Courage**, which leads to self-confidence and poise and carries over into other aspects of life.
- **Promotes Better Posture**
- **Improves Mental Processes**
- **Encourages & Maintains Physical Fitness**

Meet the Owner...

Tim Preston an Accomplished Gymnast and Graduate of University of Maryland with a BA in Economics. Alumni member of Gymkhana; USAG Safety Certified; CPR & First Aid Certified; USAG Kinder Accreditation for Teachers; Head Coach of the Men's and Women's Teams.

All Preston Gymnastics Instructors are USA Gymnastics Safety Certified. Most have also completed the Kinder Accreditation for teachers program sponsored by USA Gymnastics. In addition, you'll find our staff enthusiastic and engaging with children to help them achieve success in whatever program we are offering.

Classes 2010 - 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	12 Week Session Cost
Mom, Dad & Me! 30 mins. (18mos. - 3yrs. old)		10:00 11:45		10:00 11:45		9:00	\$120.00
Pre-School 45 mins. (3-4 yrs. old)	6:00	10:45 4:30	10:00 5:30	10:45 4:30		10:45	\$204.00
Kindergartedn & 1st Grade (5-7 yrs. old) 1 hr.	6:45	5:30	11:00 4:30	5:30		9:45	\$204.00
Sparks* Boys Team Prep. 2 hrs. (4-7yrs)		4:00		4:00			\$367.20
Boys 2nd & 3rd Grade (7-10 yrs.) 1 hr.				5:00		10:00	\$204.00
Boys 4th Grade & Up (11-16yrs.) 1 hr.				5:00		9:00	\$204.00
Int./Adv. Boys* 1 ¼ hrs. (8yrs. & up)						TBA	\$255.00
Girls 2nd & 3rd Grade (7-10 yrs.) 1 hr.		6:30		4:30		11:30	\$204.00
Girls 4th Grade & Up (11-16 yrs.) 1 hr.		6:30					\$204.00
Trampoline & Tumbling (Beginning) 1 hr. (7-12 yrs.)	4:00		4:00				\$204.00
Trampoline & Tumbling Intermediate* 1 ¼ hrs. (12yrs. & up)					4:00		\$255.00
JumpStart * (T&T Team Prep.) 1 hr. (4-6yrs.)						9:00	\$204.00
Backhandspring & More! JR (7-10yrs.) 1 hr.			6:30				\$204.00
Backhandspring & More! (11yrs. & up) 1 hr.			7:30				\$204.00
Adult Gymnastics (18yrs.+) 1 ½hrs.	8:00		8:00				\$300.00
Adult Trampoline & Tumbling (18yrs.+) 1 ½hrs.				8:00			\$300.00
Adult Girls Apparatus (18yrs.+) 1 ½hrs.		8:00					\$300.00

*Permission or an Evaluation needed before registration.
**Meets both days.

Classes underlined will be held at Preston Gymnastics Academy in our 7967 Cessna Avenue location.

All other classes will be held at Preston Gymnastics Academy in our 7958 Cessna Avenue location.

WE RESERVE THE RIGHT TO CANCEL CLASSES AT ANY TIME DUE TO LOW ENROLLMENT.

Family/Military Discount	10% *
Registration Fee	\$30.00 **
Registration Fee (13+)	\$50.00
Referral Credit	\$10.00 per student referred ***
* Family/Military Discount does NOT apply to registration fee.	
** Registration Fee is per child, not per family.	
*** Referral Credit is not available to team members.	

Preston Gymnastics Academy 7967 Cessna Avenue 7958 Cessna Avenue*** Gaithersburg, MD 20879

From 270 - Take exit #8, Shady Grove Rd (EAST.) Shady Grove Rd will become Airpark Rd (after you cross 124.) Turn right on Cessna Ave. Turn right into Airpark Center II.

***Turn left for 7958 classes.

From 108 - Take 108 towards Gaithersburg. Turn left on Fieldcrest Road. Turn left on Woodfield Rd. Turn right on Airpark Rd. Turn Right on Cessna Ave. Turn right into Airpark Center II.

***Turn left for 7958 classes.

From Virginia - Take I-495 N / Capitol Beltway towards Baltimore. Merge onto I-270 SPUR N via exit #38 (on left) towards Rockville/Frederick. I-270 SPUR becomes I-270 N. Take I-270 N LOCAL towards Montrose Road. Take exit #8, Shady Grove Rd (EAST.) Shady Grove Rd will become Airpark Rd (after you cross 124.) Turn right on Cessna Ave. Turn right into Airpark Center II.

***Turn left for 7958 classes.

Gym: 301.948.0827, Fax: 301.948.0344
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E-Mail: classes@prestongymnastics.net