



PROUD HOME OF LAKERS GYMNASTICS

2011-2012 CLASS SCHEDULE

TUMBLING TYKES - Girls & Boys ages 18 months through Kindergarten					
Class	Monday	Tuesday	Wednesday	Thursday	Saturday
Parent & Tot 45 min class	5:00 PM	9:00 AM		6:00 PM	
Tykes 45 minute class	6:00 PM	10:00 AM 5:00 PM		4:00 PM	11:00 AM
Tykes II 1 hour class	4:00 PM	11:00 AM 4:00 PM 6:00 PM	5:00 PM	5:00 PM	10:00 AM

RECREATIONAL GYMNASTICS - Girls & Boys - 1st Grade & Up					
Class	Monday	Tuesday	Wednesday	Thursday	Saturday
Beg/Beg II hour class	4:00 PM 5:00 PM	4:00 PM 5:00 PM	4:00 PM	5:00 PM 6:00 PM	11:00 AM
Boys Gymnastics 1 hour class		6:00 PM		4:00 PM	
Advanced 1 hour class		6:00 PM		4:00 PM	
Instructor Permission Required					
HS Prep 2 days per week—5th and 6th graders	6:00 PM		4:00 PM		

ADAPTIVE GYMNASTICS - Girls & Boys - Age 5 & Up	
1 hour class	10:00 AM

CONDITIONING - Boys - 1st Grade & Up					
Class	Monday	Tuesday	Wednesday	Thursday	Saturday
Bigger/Stronger/Faster 1 hour class			6:00 PM		

Fall Session '11
Sept. 12th-Dec. 3rd

Winter '11-'12
Dec. 5th - Feb. 25th

Spring '12
Feb. 27th -May 19th

We accept registrations year round.

Rates are pro-rated after 2 weeks.

Fall & Spring Sessions

(11) 45 minute classes \$66

(11) 1 hour classes \$77

Winter Session

(10) 45 minute classes \$66

(10) 1 hour classes \$77

Plus 2 free hours of Open Gym

MFG Make-Up Policy

Make-up classes are available when your child cannot attend class.

See the front desk.

Class cancellation due to school holidays or DLHS home meets is sometimes unavoidable and a make-up class is scheduled. See the front desk if the scheduled make-up does not work for you.

Minnesota Flyers Gymnastics Class Registration Form

Last Name _____
 Mother _____
 Father _____
 Address _____
 City/State/Zip _____
 Phone _____
 Cell Phone _____
 Email _____

Yes No I give Minnesota Flyers Gymnastics Inc. permission to use my son/daughters photograph on their website or in any other publications produced and distributed for advertising or publicity purposes.

For Office Use Only				
Session	Check #	Date Paid	Amount Paid	Taken By:
Fall '11				
Winter '11-'12				
Spring '12				

Student Information:

First Student:
 Name _____
 DOB ____/____/____ Age ____ Grade ____
 Class _____ Day: M T W TH S Time ____
 Class Fee _____

Second Student:
 Name _____
 DOB ____/____/____ Age ____ Grade ____
 Class _____ Day: M T W TH S Time ____
 Class Fee (2nd child 10% discount) _____

Third Student:
 Name _____
 DOB ____/____/____ Age ____ Grade ____
 Class _____ Day: M T W TH S Time ____
 Class Fee (3rd child 20% discount) _____

Emergency & Medical Information (see other side) must be complete at time of registration.

Register in Person at
 Minnesota Flyers Gymnastics
 Make checks payable to: MFG

Minnesota Flyers Gymnastics
1306 Rossman Avenue—Detroit Lakes
218-847-3637 www.mnflyersgym.com

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1306 Rossman Ave. Detroit Lakes, MN 56501 218-847-3637 www.MNFlyersgym.com

2011-2012 Gymnastics Classes

Tumbling Tykes - 18 months to Kindergarten

Children learn basic body awareness through movement. We have a special gym with equipment and skill building props appropriately sized for the younger gymnast. A confidence building experience with focus on fun!

Parent and Tot	ages 18 mos. - 3 yrs	45 minute class	\$66
Little Tykes	ages 3 - 4 years old	45 minute class	\$66
Tykes II *	ages 4 - kindergarten	1 hour class	\$77

Recreational Classes - 1st Grade & up

Focus is on learning fundamental gymnastics skills and safety while progressing through Levels 1-4 of the USA Gymnastics Junior Olympic Program.

We make fitness FUN!

Beginner & Beginner II		1 hour class	\$77
Boys		1 hour class	\$77
Advanced Class	<i>*Requires Instructor Permission</i>	1 hour class	\$77
Adaptive Class	<i>*Kindergarten and up</i>	1 hour class	\$77
High School Prep		2 days per week	TBD

Preparation for gymnasts interested in high school gymnastics but not yet old enough. Class is for 5th and 6th graders.

Conditioning Class - 1st Grade & up

Bigger, Stronger, Faster for Boys	1 hour class	\$77
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BSF!!!!!! Bigger, Stronger, Faster—Boys fitness class using gymnastics strength exercises to improve speed, strength & agility!

OPEN GYM

Saturdays 12-2 pm

Kids 6 yrs old & up are welcome to attend.

3-5 year olds must have parent with them

\$3 per hour
for currently
enrolled gymnasts
\$5 per hour
for guests!

BIRTHDAYS

At MFG

Saturdays 2:30 & 4:30

Call or stop in to
schedule the best
birthday party around!



Emergency Information

Emergency names (persons to call in case of an emergency if you are unable to be reached during your child's time in our care):

Name _____ Phone number(s) _____

Name _____ Phone number(s) _____

Medical Information

Health Insurance Company _____ Policy number _____

Doctor's name _____ Phone number _____ Hospital of choice _____

Acute or chronic illness (asthma, diabetes, epilepsy, bleeding problems, etc)

Allergies or allergic reactions (drugs, insect bites, anesthetics)

Additional information which may be helpful in understanding your child (such as anxiety or fears)

Athlete Membership Agreement and Information Agreement

In consideration of my membership in Minnesota Flyers Gymnastics, Inc., and my participation in Minnesota Flyers Gymnastics, Inc. classes, events, and activities, I agree to be bound by each of the following:

- Eligibility:** I agree to comply with the rules of Minnesota Flyers Gymnastics, Inc.
- Readiness to Participate:** I will only participate in those Minnesota Flyers Gymnastics, Inc. classes, events, competitions, and activities for which I believe I am physically and psychologically prepared. Prior to participation, I will have practiced my exercises and will perform only those exercises which I have accomplished to the degree of confidence necessary to assure I can perform them by myself, and without injury.
- Medical Attention:** I hereby give my consent to Minnesota Flyers Gymnastics, Inc. and/or the Host Organization to provide, through a medical staff of choice, customary medical/athletic training attention, transportation, and emergency medical services as warranted in the course of my participation.
- Waiver and Release:** I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in gymnastics activities and events.

I waive and release all rights and claims for damages that I may have at any time against Minnesota Flyers Gymnastics, Inc. for damages suffered by me, or my child in connection with my association or entry in gymnastics or other activities sponsored by Minnesota Flyers Gymnastics, Inc.

Signature of parent/guardian _____ Signature of athlete _____

Printed name of parent/guardian _____ Date _____