

## Pre-school Classes

**1,2 & U** – 45 min. (18 mos - 3 yrs) A semi-structured interactive parent/tot program. This class is great for developing your child's listening skills, hand eye coordination, as well as how to take turns, while introducing basic body positions and fundamental motor skills through creative movement. Ratio 10:1

**Little Leapers** – 45 min. **Must** be 3 years old within the first month of the session. Children must be potty trained (No pull ups.) Introduces basic body positions and gymnastics terminology through creative movement. Children will put their listening skills into good use in this program. Ratio 6:1

**Tiny Tumblers** – 55 min. **Must** have passed all the Little Leapers skills or be 5 years old within the first month of the session and have been evaluated into this class by their current coach. Continues introduction of body positions, progressions, and gymnastics terminology. From this class, children will move into either Junior Jumpers or Beginners 1. Ratio 8:1

## Girls Developmental Classes

**Beginner** – 55 min. Introduction to basic body shapes, different arm positioning, and terminology. Gymnast will train on all four events as well as an introduction into strength training and flexibility.

**Intermediate I** – 55 min. Adding more progressions to the basic body shapes, arm positioning, and terminology gymnasts will focus on technique of old and new skills as well as exploring more strength training and flexibility. Must have a Cartwheel, and a Forward roll upon entrance of class.

**Intermediate II** – 55 min. Adding more progressions to the basic body shapes, arm positioning, and terminology. Gymnast will focus on technique of old and new skills while continuing with strength, flexibility and adding dance basics. Must be able to do a Pullover and a Backward Roll upon entrance of class.

**Intermediate III** – 85 min. Polishing of the basic body shapes, arm positioning, and terminology. Gymnast will focus on techniques in the areas of, strength, flexibility, and dance while learning more advanced skills. Must be able to do a Pullover and a Handstand upon entrance of class.

**Advanced I** – 85 min. Learning more advanced body shapes, arm positioning, and terminology. Gymnast will focus on more progressions that lead

**Junior Jumpers** – 55 min. **Must** have passed all the Tiny Tumblers skills and been evaluated into this class by their current coach. From this class children will be able to move into either Beginners 1 or another level, depending on their skill level for the next session. Ratio 8:1

**Boys Multi Sport Training** – 55 min. (4-5 yrs) New this year our Multi Sport Training classes will aid your son to reach his potential in whatever sport he would like to try. Your pre-schooler will be working on strength and flexibility in the areas of legs, core and upper body. Also incorporated into the workouts will be tumbling and trampoline training to work on air and spatial awareness. Strength will be introduced in a fun and challenging way! Be sure to check this new class out soon!

to advanced skill level in the areas of flexibility, dance, and strength, while continuing to add new skills in with the old skills. Must be able to do a Backbend Kick over and a Back-hip Circle upon entrance of class.

**Advanced II** – 115 min. Adding form and technique to the advanced body shapes and arm positioning. Gymnast will learn connections of skills and dance that will add more difficulty to their skill level while combining old skills with new skills. Must be able to do a Front-Hip Circle and Back-walkover upon entrance of class.

**Advanced III** – 115 min. Polishing form and technique on advanced body shaping. Strength, dance, and flexibility are a main focus for gymnast as well as difficulty in skill connection with old and new skills. Must be able to do a Pull-Up Pullover on High Bar, Round-off, and a Horizontal Cast on Low Bar upon entrance of class.

**Advanced III+** – 115 min. Strength, flexibility and dance skills are brought to a higher level aiming toward High School level gymnastics. More difficult skill combinations will be trained on bars, beam, and floor while on vault your athlete will train for accelerated speed and power. Requirements include back handspring and a front-hip circle on bars upon entrance to class.

**Super Stars** – 85 min. 2x Per Week Minimum. Specific progressions based on fundamental skills. Emphasis is on strength, flexibility, correct body positioning and terminology.

Strength will be the focus but it will be introduced in a fun and challenging way! Be sure to check this new class out soon!

\*Please note the boys classes will no longer focus on pommel horse, parallel bars, high bar, and still rings.

**Open Gym Ages 6+** – 1 1/2 hrs. of supervised gym activity.

**Private Lessons** – Set up on an individual basis these lessons are great for kids that would like to learn “that one” gymnastics skill they need for dance, cheer or any other reason! Call for more details (651) 464-8648

## Specialty Programs

**High School Class** – 1 hr. 55 min. (Grades 7-12) For all gymnasts interested in training off season for high school gymnastics. Instructors are knowledgeable in Minnesota State High School League rules.

**Open Gym Preschool** – One hour of gym activity. Parental supervision required.

## Competitive Teams

**USAG Team** – Flyaways Gold Gymnastics supports the national USA-Gymnastics Junior Olympic program guidelines, training and competing women's Levels 4-10. We have decades of experience and a profound reputation for excellence. We maintain ongoing up-to-date education and training of our energetic, caring staff. Our athletes have had much success on a local, regional and national level, sending many to compete in college. We uphold a positive, enthusiastic environment that promotes strong character development and encourages individuals to dream big.

**XCEL Team** – This exciting multi-level program gives girls an opportunity to experience competitive team gymnastics without the same level of

time and financial commitment required in the standard Junior Olympic program. XCEL is a great fit for multi-sport athletes and younger gymnasts aiming for local high-school teams. It's also a smart program for gymnasts who have hit extended plateaus in some area(s) of their training to have an opportunity to continue advancing and competing strengths while getting weaker areas caught up. Gymnasts will learn individualized routines on the uneven bars, floor exercise, and balance beam, as well learning a competitive vault.

Participation in our Team Programs is by invitation only. If you are interested in competitive gymnastics or have questions about these programs, please contact our Team Director.

**Term I** August 28 – December 3, 2011 (14 weeks)

**Term II** December 4 – March 17, 2012 (14 weeks)

**No classes:** September 5, 2011; November 24-25, 2011; December 24 - January 1, 2012; May 28, 2012; July 2-6, 2012; August 20-25, 2012

**Registration Policy and Procedures:** Complete the registration form. Upon completion, return the form to the front desk along with the \$45 registration fee. The \$45 registration fee covers administrative costs as well as a medical insurance policy through Flyaways Gold Gymnastics, Inc. and MD2B, Inc of Forest Lake, MN. This registration fee is good through August 31, 2012. Each gymnast enrolled at Flyaways Gymnastics must have PRIMARY MEDICAL INSURANCE COVERAGE through their family insurance. No child will be permitted to participate without proof of medical insurance. Flyaways Gold reserves the right to cancel or shorten any class with less than four children enrolled. Parents will be notified to the shortened or canceled class in advance

**Term Tuition Payments:** Registration is for the entire fourteen week term. You may chose to pay the entire term fee at the time of registration or you may split the fee into three payments by filling out a payment authorization form at the time of registration. Flyaways Gold will automatically process the subsequent payments due on the following dates: September 26, 2011, October 31, 2011, January 4, 2012, February 13, 2012, April 16, 2012 & May 21, 2012 with the credit card that is on file. You may register in person or by mail. You may also register by fax or phone with a credit card payment. (We accept VISA, MASERCARD & DISCOVER). Early registration is recommended to ensure a place in the class of your choice. The fee on all returned checks is \$25. Session tuition will be pro-rated if sign up occurs after the session begins. Your child's enrollment will continue through the end of the term and the credit card on file will be charged unless a written notification is received in writing to our office 30 days before the termination date. If the term is paid in full a pro-rated refund will be issued if a 30 day termination notice is received in writing to our office.

**Rewards, Recognition & Success Program:** Flyaways Gold has implemented a rewards, recognition and success program. The program follows your gymnasts' success as they progress from level to level, term to term,

and instructor to instructor. The program includes a first-rate communication tool, a take-home skill sheet and or subsequent follow-up skill stickers. The skill sheets are distributed when a gymnast begins the program or advances to a new level. The skill sheet lists all of the skills and concepts that are taught in that level, providing parents and gymnasts a means to follow his or her progress. Skill evaluations will be informally ongoing throughout the course of each session to circumvent the need for establishing specific testing weeks. When a student masters a new skill in class, her instructor will make note on her progress card, and at the end of the term, the gymnast will earn achievement stars for each new skill mastered. When the skill sheet is full of stars, the gymnast can advance to the next level! The achievement stars and skill sheets are distributed during the 12th week of the term to aid in the accurate placement for the next level. To sign up for the next term, simply fill out the class continuation form available at the front desk and give your term payment to the front desk staff. Early registration is recommended to ensure a place in the class of your choice. Be sure to check the calendar in the lobby for the upcoming events, schedule changes, timelines and other important information at Flyaways Gold

**Rules and Policies:** 1) All girls are required to wear a leotard to practice. No tights please!! 2) Boys are allowed to wear well-fitted shorts and a T-shirt. Socks will be permitted. 3) Long hair must be pulled back. 4) Jewelry must not be worn during practice and will be asked to be removed for safety. 5) Any personal items should be stored in a stuff box located in the lobby during class. Flyaways Gold will not be responsible for lost or stolen articles. 6) You do not have to remain in the building while your child is attending class. If you are using the viewing area, please control all siblings and help us to keep this area clean. If you need to get a message to your child or to the coach, please see the front desk for help!! 7) Please be timely and pick your child up at the end of the class. All gymnasts must wait inside the building until they are picked up by their parents or guardians. 8) Gum, candy and beverages are NOT allowed in the gym.

**BIRTHDAY PARTIES!** Choose Flyaways Gold Gymnastics & Activity Center for your child's next birthday party! Parties include one hour in the gym with coach-led activities and a 1/2 hour in the lobby for treats and opening presents. We clean up! Call for details (651) 464-8648

The FLYAWAYS “Silver” Party **\$135 (\$5 per extra child)**

- One hour in the gym doing fun gymnastics-oriented activities.
- 1/2 hour in the lobby for treats & present opening
- One instructor (up to 10 children)
- Birthday child receives a T-shirt

The FLYAWAYS “Gold” Party **\$175 (\$5 per extra child)**

- 30 minutes of gym activities
- 30 minutes of INFLATABLE FUN (Choose from three available inflatables that are great for jumping, bouncing, climbing, laughing and giggling!))
- 1/2 hour in the lobby for treats & present opening
- One instructor (up to 10 children)
- Birthday child receives a T-shirt

**SATISFACTION GUARANTEED!** If you are not 100% satisfied within 10 calendar days after your child's scheduled first class, we will gladly refund the unused portion of your tuition. We offer Family Discounts for families with multiple children enrolled in our program, the third child is free!

**MAKE-UP CLASSES** At Flyaways Gold consistency is very important in the progress a gymnast makes in a session. We feel the same instructor with the same students for ten weeks is the best means to their success. Gymnasts are allowed to make up one class per session. Make-up classes must be scheduled in advance to maintain our coach-to-student ratio. If a class is scheduled on a “closed” date, that make up will not count towards the one per session total.

# FLYAWAYS GOLD



Welcome to Flyaways Gold Gymnastics & Activity Center..  
Where Learning Lasts A Lifetime

Flyaways Gold Gymnastics and Activity Center is committed to your child's interest in gymnastics and fitness. Co-owners, Mark and Debbie Hegquist have over 45 years of experience coaching athletes at all levels. They have enlisted and educated an outstanding collection of talented and energetic professionals that keep classes exciting and enjoyable while your child discovers the uneven bars, vault, balance beam, trampolines and so much more! Programs provide for a wide assortment of interest and abilities, ranging from physical fitness and motor-skills development for the very young to expert training and instruction for those aspiring to high levels of gymnastics competition.

Outstanding consistency in quality instruction is primary indicator for a child's success. Flyaways Gold takes pride in choosing motivated instructors that exhibit their commitment to be present and engaged in you child's weekly learning experience. Learning gymnastics can be fun and successful when attendance is consistent. Similar to other talents, learning gymnastics is a study of skill progression applied to your child's age, attitude and ability.

The Flyaways Gold Gymnastics staff and programs are dedicated to providing quality gymnastics in a safe, positive, and nurturing atmosphere. From toddlers to teens, Flyaways Gold is fun for everyone!

As Flyaways Gold commences its seventh year, we would like to extend our gratitude to all of the families that have supported us to date. We are proud to offer Forest Lake and surrounding communities' youth a wholesome, enjoyable environment in which to explore gymnastics, physical fitness, and other exciting activities.



255 7th Avenue NW  
Forest Lake, MN 55025  
www.flyawaysgymnastics.com  
(651) 464-8648

## Our state of the art facility offers:

- 2000 sq. ft. pre-school gym
- Air conditioning
- Channel bar
- 2 sunken 7 x 14 ft. trampolines
- Large loose foam pit for bar, vault, floor and beam dismounts
- 9600 sq. ft. main gym
- Vault runway
- Large parking lot with great lighting
- Sunken 40 ft. tumble track
- Rod Floor

## PARENTS NIGHT OUT AND OPEN GYM TOO!!

**Parents Night Out** is a great opportunity for children three and up to enjoy a fun filled night of activities under the supervision of the Flyaways Gold staff. Once a month, parents can drop their children off from 6:30-10:00pm to attend a theme based night of fun! Be sure to check the calendar in the lobby for updates and changes to the scheduled Parents Night Out events. Thank you!

**Open Gym** is a time for kids to play or work out on the equipment in the gym. Members of the Flyaways Gold Gymnastics & Activity Center staff are on hand to assist kids when they need help and to ensure safety.