

Flyers Schedule

Little Flyers (4 – 6 years)

Wednesday 5 - 6:30 PM
Friday 4:30-6 PM

Junior Flyers (7 + up)

Monday 5 - 7:30 PM
Wednesday 5 - 7:30 PM

Team Flyers (level 4 & 5)

Tuesday 5 - 7:30 PM
Thursday 5 - 7:30 PM
Friday 4:30 - 8 PM

Team Flyers (level 6 & 7)

Monday 6 - 9 PM
Wednesday 6 - 9 PM
Friday 4:30 - 8 PM
Saturday 10 – 1 PM

Tumbling Class (floor & tramp only)

Tuesday 7:30-8:30 PM

Flyers All-Star Cheerleading

Stormz Senior Cheer

Wednesday 7 – 9 PM

Boltz Youth Cheer

Wednesday 5:30 - 7 PM

Daycare & Home School Classes

Custom Classes – call for more details.

Wednesday 10 AM - 2 PM

New this year! Back Hand Spring Clinics

Discover the benefits of gymnastics!

- Develop coordination, flexibility, strength, and power!
- Learn the fundamentals of movement and goal setting.
- Gain self-esteem and confidence.
- Learn to listen and follow directions.
- Develop skills to enhance other sports.
- Have fun and make new friends!

Flyers Notes

Get your **free Flyers t-shirt** with paid registration! Just fill out an order form and mark your size. T-shirts will be handed out in November.

Watch the entrance board for all the gym news like the **Gymnast of the Month**, information about theme weeks, in house rec team, and schedule reminders.

Check our calendar for **back handspring clinics, holiday parties, parent night out and end of year shows!**

Flyers Gymnastics

1765 Lindquist Drive

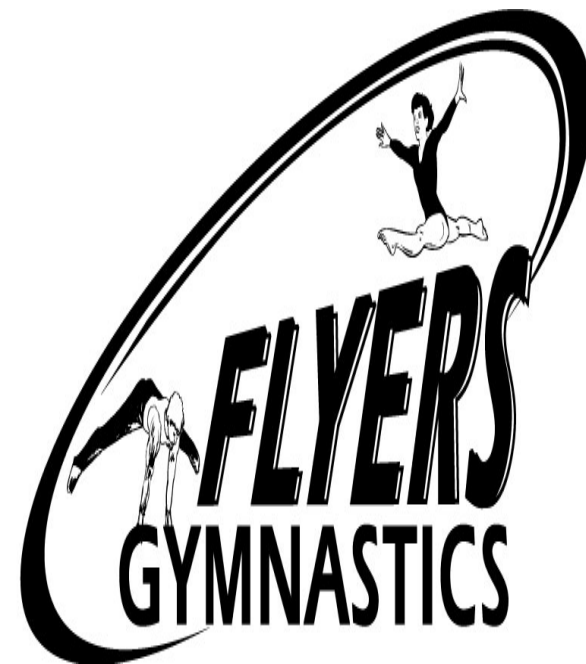
Falconer, NY 14733

Phone: (716) 483-3056

Email: sherri@flyers-gymnastics.com

www.flyers-gymnastics.com

Follow Main Street through Falconer
Go past Expressway entrance
Turn right at Gerry-Levant Rd
Turn left on Lindquist; then right into gym lot
Goldstar Rec Center



Where your gymnastics dreams take flight!

Owner & Head Coach Sherri Melson



Everyone is welcome at Flyers Gymnastics!

We offer a fun, safe atmosphere for gymnasts to develop and practice their skills. Whether you want to stay active and fit, develop core strength and flexibility for other sports, or achieve the dream of competing on a gymnastic team, you'll find the right classes for your goals.

Coaching Qualifications

Sherri Melson, head coach and owner, is a former USAG competitive gymnast who brings 20 years of coaching experience and education to Flyers Gymnastics. Her coaching career has spanned all age ranges and experience levels, from pre-school to competitive team gymnasts. Sherri is a USAG Professional Member with a safety certification and a USAG approved background check.

Student Dress Code

Girls: leotards – shorts optional
tight-fitting sweats
long hair in ponytails
no jewelry

Boys: gym shorts & t-shirts
sweats & warm-ups

Footwear: socks or barefoot

Coaching Staff

Head Coach: Sherri Melson
Assistant Coaches: Cindy Crone
Kathy Heil
Marissa Melson
Emily Webster
Daniel Tedquist
Kim Tedquist

Jr. Coaches: Jessica Crone
Brittany Wright

Secretary: Anna Estus

Small Class Sizes

Pre-school & Kinder = 6:1
All other classes = 8:1

Rates

Hours per week	Monthly Rate
1 hr.	\$42
1.5 hrs.	\$63
2 hrs.	\$74
3 hrs.	\$85
5 hrs.	\$100
3 Day Team	\$120
4 Day Team	\$150
Private & Semi-Private lessons	
1 hour	\$30/week
Registration Fee:	
\$35 per gym year, per child	
Year End Show Fee:	
\$15 per child	

Payment methods: Check, Cash

Insufficient check fee = \$25

Included in the hourly rates is a facility use fee to the Centre of Arts & Athletics.

Monthly Tuition:

- Monthly tuition is based on an average of four classes per month until the first week of June.
- Tuition is due by the first class of each month.
- Check payments can be dropped into the tuition box located in the parents' waiting area. See Coach Sherri for cash payments.
- A complete list of policies is provided at Registration.

Family Discount:

- Full price for the first child.
- \$8.00 off tuition costs per month for each additional child.
- Sorry, no discount on registration fee.

Make-ups:

If there is a class cancellation a make-up class will be scheduled (usually a Saturday) and each student will be notified. If your child misses a class due to illness, vacation, etc., see the coach to schedule a make-up class on another day.

Flyers Schedule

PACT (18 mos to 3 yrs)

Parent & Child Together

Thursday 6- 7 PM

Pre-School (3 & 4 years)

Monday 5 - 6 PM

6 - 7 PM

Tuesday 6 - 7 PM

Wednesday 6 - 7 PM

Kinder (5 & 6 years)

Monday 5 - 6 PM

6 - 7 PM

Tuesday 5 - 6 PM

Wednesday 6 - 7 PM

Thursday 5 - 6 PM

Beginner (7 & up)

Monday 6 - 7 PM

Tuesday 6 - 7 PM

Thursday 5 - 6 PM

Intermediate (7 & up)

Monday 6:30 - 8 PM

Tuesday 7 - 8:30 PM

Thursday 5:30 - 7 PM

Saturday 10:30 AM - 12:00 PM

Advanced (7 & up)

Monday 5 - 7 PM

Tuesday 7 - 9 PM

Thursday 6:30 - 8:30 PM

Sports Fitness for Boys - Tuesday

Ages 5 - 8 6 - 7 PM

Ages 9 + up 7 - 9 PM