



2011-2012 L'il Flipsters Gymnastics

**for Boys and Girls 30 months to Kindergarten
at the Bloomington Ice Gardens**

L'il Flipsters Gymnastics, LLC is a mobile gymnastics organization dedicated to providing the highest quality gymnastics training and motor skill development in a safe and enjoyable environment. Gymnastics is a confidence-building sport that improves strength, flexibility, agility, balance, spatial awareness, and coordination. It's the best activity for developing skills for all other sports.

L'il Flipsters Gymnastics, LLC enhances children's physical and mental development utilizing specialized preschool equipment along with "Bunny pictures" of skills and many "props" for the ULTIMATE BLAST. L'il Flipsters Gymnastics, LLC emphasizes these key areas:

<i>Gymnastics</i>	Instruction on balance beam, tumbling, springboard, vaulting techniques, and other equipment
<i>Rhythm</i>	Creative movement to music
<i>Gross motor skills</i>	Hops, skips, jumps, leaps, gallops, walks, chassés, and dance steps on balance beam and floor
<i>Hand-eye Coordination</i>	Catch, strike, track, punt and volley with balls, beanbags, and scarves
<i>Perpetual motion</i>	Challenging movement skills through various circuits



Who

Classes are for **boys and girls 30 months to Kindergarten**. Every class has a "L'il Flipsters Training Theme" such as "On The Farm!" and "Splish Splash!" These themes give the children a new challenge, along with teaching concepts, for each class. L'il Flipsters Gymnastics, LLC wants you to know the "whys" behind our class activities, so L'il Flipsters Gymnastics, LLC will bring you short notes to explain these themes.



About Sandi:

L'il Flipsters Gymnastics, LLC provides quality instruction by Sandi Charbonneau. For over forty years, Sandi has been involved in the sport of gymnastics as a gymnast and a coach. Along with the thirty plus years of teaching experience, Sandi has received the following certifications: CPR; First Aid; Fundamentals of Gymnastics Instructions; USA Gymnastics Professional Development Levels 1 & 2; USA Gymnastics KAT (Kinder Accreditation for Teachers); MELPD (Movement Education and Lesson Plan Development); USA Gymnastics Safety Certification; Preschool Fundamentals (1&2); and USA Gymnastics Professional Member. USA Gymnastics is the governing body of gymnastics.

L'il Flipsters 2011-2012 Schedule

TUESDAY & FRIDAY	
Times	Ages
9:45 - 10:15 AM	30 mo - 3 1/2 years*
10:30 - 11:00 AM	3 1/2 years - K
TUESDAY ONLY	
1:00 - 1:30 PM	3 1/2 years - K

***NOTE:** Parent participation is highly recommended for gymnasts in the 30 month old to 3 1/2 years old class. If you have multiple children that need to be brought with you to class, they can also be in the room with you. Older children should bring a quiet activity to work on while you work with your younger child.

TUITION: \$50.00—5-week
\$40.00—4-week
\$30.00—3-week

* Parent participation is highly encouraged for these sessions, otherwise no parents in the room.



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TUESDAY	Age	Time	Activity #	FEE	FRIDAY	Age	Time	Activity #	FEE
September 13, 20, 27	30 mo-3 1/2 yr	9:45a	241 F1	\$30	September 16, 23, 30	30 mo-3 1/2 yr	9:45a	241 F4	\$30
	3 1/2-K	10:30a	241 F2	\$30		3 1/2-K	10:30a	241 F5	\$30
	3 1/2-K	1:00p	241 F3	\$30					
Deadline to register: 1 week prior to the start of the class!									
October 4, 11, 18, 25	30 mo-3 1/2 yr	9:45a	241 G1	\$40	October 7, 14, 28 No class 10/21	30 mo-3 1/2 yr	9:45a	241 G4	\$30
	3 1/2-K	10:30a	241 G2	\$40		3 1/2-K	10:30a	241 G5	\$30
	3 1/2-K	1:00p	241 G3	\$40					
November 1, 8, 15, 22, 29	30 mo-3 1/2 yr	9:45a	241 H1	\$50	November 4, 11, 18 No class 11/25	30 mo-3 1/2 yr	9:45a	241 H4	\$30
	3 1/2-K	10:30a	241 H2	\$50		3 1/2-K	10:30a	241 H5	\$30
	3 1/2-K	1:00p	241 H3	\$50					
Deadline to register: 1 week prior to the start of the class!									
December 6, 13, 20	30 mo-3 1/2 yr	9:45a	241 I1	\$30	December 2, 9, 16 No class 12/23 & 12/30	30 mo-3 1/2 yr	9:45a	241 I4	\$30
	3 1/2-K	10:30a	241 I2	\$30		3 1/2-K	10:30a	241 I5	\$30
	3 1/2-K	1:00p	241 I3	\$30					
TUESDAY	Age	Time	Activity #	FEE	FRIDAY	Age	Time	Activity #	FEE
January 3, 10, 17, 24, 31	30 mo-3 1/2 yr	9:45a	242 A1	\$50	January 6, 13, 20, 27	30 mo-3 1/2 yr	9:45a	242 A4	\$40
	3 1/2-K	10:30a	242 A2	\$50		3 1/2-K	10:30a	242 A5	\$40
	3 1/2-K	1:00p	242 A3	\$50					
Deadline to register: 1 week prior to the start of the class!									
February 7, 14, 21, 28	30 mo-3 1/2 yr	9:45a	242 B1	\$40	February 3, 10, 17, 24	30 mo-3 1/2 yr	9:45a	242 B4	\$40
	3 1/2-K	10:30a	242 B2	\$40		3 1/2-K	10:30a	242 B5	\$40
	3 1/2-K	1:00p	242 B3	\$40					
March 6, 13, 20, 27	30 mo-3 1/2 yr	9:45a	242 C1	\$40	March 2, 9, 16, 23, 30	30 mo-3 1/2 yr	9:45a	242 C4	\$50
	3 1/2-K	10:30a	242 C2	\$40		3 1/2-K	10:30a	242 C5	\$50
	3 1/2-K	1:00p	242 C3	\$40					
Deadline to register: 1 week prior to the start of the class!									
April 10, 17, 24 No class 4/3	30 mo-3 1/2 yr	9:45a	242 D1	\$30	April 20, 27, May 4, 11, 18 No class 4/6 & 4/13	30 mo-3 1/2 yr	9:45a	242 D4	\$50
	3 1/2-K	10:30a	242 D2	\$30		3 1/2-K	10:30a	242 D5	\$50
	3 1/2-K	1:00p	242 D3	\$30					
May 1, 8, 15, 22	30 mo-3 1/2 yr	9:45a	242 E1	\$40					
	3 1/2-K	10:30a	242 E2	\$40					
	3 1/2-K	1:00p	242 E3	\$40					

Registration, Location Weather Policy & Questions

6 Ways to REGISTER:

1.	Online	Available 24 hours a day until classes are full or registration closes for each session Visit www.webtrac.ci.bloomington.mn.us for more information.
3.	By Mail	Mail in a completed registration form for each child with your payment either by check, money order (made payable to the -City of Bloomington") or credit card (complete credit card part of registration form, including expiration date) to: City of Bloomington, Parks & Recreation, 1800 W Old Shakopee Road , Bloomington, MN 55431
4.	In-Person	Parks and Recreation Office, 1800 W Old Shakopee Road Monday – Friday, 8:00 a.m. – 4:30 p.m.
5.	Scan & Email	If you have the ability to scan your registration form - this works great! Just scan with payment information, then email it to parksrec@ci.bloomington.mn.us
6.	By Fax	Fax your completed registration form for each child and credit card information to: Bloomington Parks & Recreation, 952-563-8715 Call Parks & Recreation to confirm receipt of form at 952-563-8877



Register EARLY!
These classes will
FILL FAST!

Important information about Online Registration

You must have a username and password in order to register.

- If you have a current password, you may register at webtrac.ci.bloomington.mn.us.
- If you have registered for a program with us before, but do not know your user name and password call Parks and Recreation (952-563-8877) or send us an email (parksrec@ci.bloomington.mn.us) and we will reply with your username and password.
- If you are a first time customer, click on the link —“I have never participated” on the online registration sign-in page and follow the instructions.
- Visa, Discover, MasterCard, & American Express payments accepted online



Classes are offered from September through May with each session creatively teaching fun gymnastics skills and routines. You may want to register for more than one session to ensure placement.

LOCATION

Classes are held at the Bloomington Ice Gardens in the Community Room

Bloomington Ice Gardens: 3600 W 98th Street, Bloomington, MN 55431

WEATHER/CANCELLATION POLICY

- If the Bloomington School System closes due to weather, this class will be cancelled with no refunds or no class makeup option.
- If the instructor is unable to hold classes, a refund or makeup class will be offered.
- Call our Weather line for cancellations: 952-563-8878
- A \$10 fee will be assessed for cancellations or class transfers 2 weeks prior to the start of the class. No refunds will be given for cancellations or transfers made within 2 weeks of the start of the program.

QUESTIONS

If you have any questions, please feel free to contact the City of Bloomington, Parks and Recreation Division at:

PHONE: 952-563-8877

EMAIL: parksrec@ci.bloomington.mn.us





CITY OF
BLOOMINGTON
MINNESOTA

PARKS AND RECREATION

The City of Bloomington
Parks and Recreation
1800 West Old Shakopee Road
Bloomington, MN 55431-3027



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