



Hello and welcome to the 2024-2025 Recreational Gymnastics session!

Here's some important information you'll need for the session:

**1. Arrival and Check-In:**

- **Entrance:** Gymnasts should enter through the front door.
- **Personal Items:** Place shoes and coats in the cubbies provided. Shoes are not allowed in the facility, including upstairs.
- **Name Tags:** Coaches will help gymnasts find their name tags and sign in using the attendance tablet. The color of the name tag helps identify the coach, not the badge level.

**2. Class Structure:**

- **Warm-Up:** Classes start with a 20-minute group warm-up activity.
- **Rotations:** Gymnasts will be divided into groups based on their class and badge level. They will participate in three 20-minute rotations, which change each week.
- **Cool Down:** A 10-minute group cool down activity will end the class.

**3. Dismissal:**

- At the end of class, coaches will assist gymnasts in finding their parents or guardians. Feel free to chat with the coaches and ask any questions during this time.

**4. Safety and Conduct:**

- Gymnasts are not allowed on the equipment before or after class.
- Siblings who are not registered for classes are not permitted on the gym floor.

**5. Assessment and Progress:**

- Coaches will assess gymnasts during the first few weeks to ensure they are in the correct class. Any concerns will be discussed with the Recreational Coordinator and parents.
- Gymnasts who master all skills at their current level will receive a progress report. If they advance to a higher badge level, the program coordinator will contact parents to discuss class options. If no immediate spot is available, the gymnast will be placed on a waitlist with priority for the next available spot.

**6. Clothing and Equipment:**

- **Attire:** Proper gymnastics clothing is required, such as bodysuits, leotards, form-fitting T-shirts, and shorts.
- **Footwear:** No outdoor shoes allowed; bare feet are best.
- **Accessories:** Remove long jewelry and tie up long hair.

**7. Additional Policies:**

- Gymtastics is not responsible for lost or stolen items.
- We do not offer make-up classes or refunds for missed classes.

**8. Up Coming Events:**

- **First Day of Classes:** Tuesday September 3<sup>rd</sup> to Monday September 9<sup>th</sup>
- **Meet the Teacher** (Last 10 minutes of your child's class): Tuesday September 10<sup>th</sup> to Monday September 16<sup>th</sup>
- **Truth and Reconciliation Day**, No Classes: Monday September 30<sup>th</sup>
- **Thanksgiving**, No Classes: Saturday October 12<sup>th</sup> to Monday October 14<sup>th</sup>
- **Crazy Hair Day:** Thursday October 24<sup>th</sup> to Wednesday October 30<sup>th</sup>
- **Halloween, No Classes:** Thursday October 31<sup>st</sup>
- **Remembrance Day**, No Classes: November 11<sup>th</sup>
- **Christmas Break**, No Classes: Sunday December 22<sup>nd</sup> to January 1<sup>st</sup>

Thank you, and we look forward to seeing you soon!