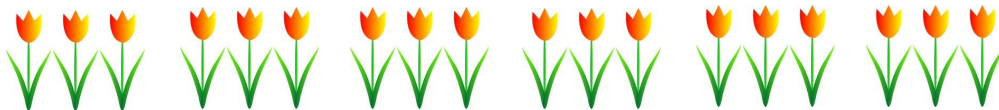




GYMFORMATION



Recreational Program Newsletter - SPRING 2019

Spring is in the air at Vancouver Phoenix Gymnastics! Our fantastic staff are excited to provide you and your family with an outstanding gymnastics experience, offering gymnastics classes that are not only fun, but educational as well.

Please share with your child's coach any imperative information regarding your child that may help us better serve them and your family. We believe that communication between parents, students and teachers is critical in assuring student success so be sure to take a look at the *Important Dates* and *Spring Program Synopsis* for your child's class.

On behalf of Vancouver Phoenix Gymnastics, we wish you a fun, exciting and educational Spring session of gymnastics!

Leigh Dawson | Gym For All Lead

leigh@phoenixgymnastics.com | 604-737-7693 ext. 114



How to Reach Us

Millennium Office

Monday to Friday:
9:30—6:30pm

Saturday:
9:30—5:30pm

Sunday:
9:30am-2:30pm

604-737-7693

IMPORTANT DATES Spring Session | April 1—June 23, 2019

April 1	Spring Session begins
April 12	Parent's Night Out at MILLENNIUM GYM
April 19-22	Easter Weekend No Classes at ALL LOCATIONS
April 26-28	LUAU CUP No Classes at MILLENNIUM GYM Classes running at ST JAMES & TREE HOUSE GYMS
April 29 / May 17	Pro-D Day Camps at MILLENNIUM GYM
May 20	VICTORIA DAY No classes at ALL LOCATIONS
May 24	Parent's Night Out at MILLENNIUM GYM
June 2	Vancouver Phoenix Gymnastics 50th Anniversary No Classes at ALL LOCATIONS
June 9	2019-2020 Fall, Winter & Spring Registration begins (for current members & siblings)
June 19-23	Last Week of Classes - Beach Party! - Wear your bathing suit and bring a towel to your last class!
July 2	First day of Summer Classes & Camps



SPRING 2019 | SCHEDULE & SYNOPSIS

Little People Program

- Wiggles & Giggles
- Rock 'n' Rollers
- Jumping Jellybeans
- Bouncing Bears
- Tiny Tumblers
- Leapin' Lemurs

School-Aged Program

- Kinder Kangaroos
- Girls & Boys Achievement
- Advanced Girls & Boys Achievement
- Tramp & Tumbling

Week 1 April 1 - 7	Spring into Gymnastics!	Week 1 April 1 - 7	Welcome to Gymnastics Let's Review the Basics!
Week 2 April 8 - 14	We are Growing	Week 2 April 8 - 14	Safety & Control: Landings & Statics!
Week 3 April 15 - 18	Funny Bunnies No Classes April 19-22	Week 3 April 15 - 18	ABC 123: Basic Shapes! No Classes April 19-22
Week 4 April 23 - 28	Hawaiian Week LUAU CUP NO CLASSES at MILLENNIUM April 26-28 TREE HOUSE & ST JAMES CLASSES STILL RUNNING	Week 4 April 23 - 28	Rock 'n Rolling: Rotations! LUAU CUP NO CLASSES at MILLENNIUM April 26-28 TREE HOUSE & ST JAMES CLASSES STILL RUNNING
Week 5 April 29 - May 5	Under the Sea	Week 5 April 29 - May 5	Monkey-in' Around: Swings!
Week 6 May 6 - May 12	Things that Fly	Week 6 May 6 - May 12	Relay Fun: Locomotions!
Week 7 May 13 - 19	Pirates of the Caribbean!	Week 7 May 13 - 19	Conditioning Circuit: Cardio & Strength!
Week 8 May 21 - 26	Double Trouble NO CLASSES MAY 20 VICTORIA DAY	Week 8 May 21 - 26	Learning By Leaps & Bounds: Springs! NO CLASSES MAY 20 VICTORIA DAY
Week 9 May 27 - June 1	Flowers in the Garden!	Week 9 May 27 - June 1	Review & Evaluation of Skills
Week 10 June 3 - June 9	<i>Stop! Look! Listen!</i>	Week 10 June 3 - June 9	Review & Evaluation of Skills
Week 11 June 10 - 16	Gymnastics Shapes & Numbers Picture Week	Week 11 June 10 - 16	Review & Evaluation of Skills
Week 12 June 17 - 23	LAST WEEK OF CLASSES Beach Party! Wear your bathing suit and bring a towel to gymnastics!	Week 12 June 17 - 23	LAST WEEK OF CLASSES Beach Party! Wear your bathing suit and bring a towel to gymnastics!



HINTS FOR A HAPPY GYMNASTICS SESSION!

ARRIVE ON TIME Warm-up is very important to ensure proper physical and mental preparation before the start of your class! Please be ready to go into the gym on time so everyone has a great gymnastics class.

WHEN YOU ARRIVE Remove coats, shoes and socks and wait in the lobby for your coach to invite you into the gym! Remember to visit the washroom!

COMMUNICATION lines are always open! Feel free to introduce yourself to your coach and ask them about your child's progress. Make sure to read all notices and feel free to check out our website up-to-date info. If you have any questions or concerns, please inquire at the front desk or contact Leigh, our Gymnastics For All Lead, at leigh@phoenixgymnastics.com

WHAT TO WEAR Children should wear either shorts and a t-shirt or a bodysuit (anything used for ballet or dance is great!) with *bare feet in the gym!* Long hair should be tied back and remember to remove all jewelry. Adults participating in any parent and tot classes should wear active, comfortable clothing and stay within arm's reach of their child at all times!

BATHROOM DUTY Please visit the washroom before your class! Millennium bathrooms are located in the lobby and also in the gym. In order to keep our little ones safe, all children use the washrooms located inside the gym during class. St. James bathrooms are located both in the hallway and downstairs. Children in our *Little People Program* or younger will be accompanied to the washroom by an adult and school-aged children with a partner.

FREQUENTLY ASKED QUESTIONS

Can we do make up classes?

No. If you miss a class we do not give credits or offer make-up lessons. Your registration fee pays for a class spot for the entire session regardless of attendance.

What can I do with my other child while I am involved in a parent-participation class?

Siblings are welcome to sit on the sidelines and entertain themselves with small toys, crayons, books, etc. Babies are fine in baby slings, ergos, or in portable car seats. It is extremely important that parents have both hands free to assist their child in their gymnastics class so please take this into consideration when you register!

Can I drop my child off early / pick them up late?

Our coaches are not available to child-mind while waiting for caregivers as they have coaching commitments in the gym.

Can my other child participate in their siblings class if they have insurance?

Our classes are full and therefore we are unable to accommodate children who are not registered in a class.

Can I register both children in the same class even though they are not the same age?

Our preschool curriculum has been developed with specific age appropriate activities, guided by the developmental stages of children to ensure the success of your children in our programs, therefore they must attend the age appropriate class.

Can I 'play' on the equipment in my child's class?

Adults are not allowed on the equipment at any time.



HINTS FOR SUCCESSFUL PARENT & TOT CLASSES


Here are the ways which you can contribute to your child's class and ensure that they have a fantastic gym time! And the other children and teacher do too!

- **Please do not talk on cell phones during class!**
- **Stay with your child at all times!**
- **Encourage your child to sit in circle time. It is distracting for other children and the coach if they are running around when the coach is trying to explain the circuit and skills.**
- Encourage your child to follow the sequence of the circuits, performing appropriate skills at each place in the circuit.
- **Siblings are not allowed on the floor or equipment.** Older siblings may sit on the sidelines and entertain themselves with small toys, crayons, books, etc.
- Older siblings are not to be responsible for helping toddlers on the equipment!

The success of Parent & Tot classes, while in the hands of the instructor, is also **largely dependent on the engagement of the parents.** Children under 3 are not ready to sit for a long period of time, to listen, follow instructions, take turns and share. Therefore circle time is a time where we need our adults to watch and listen as the coach will be primarily directing the instruction to the adult, not the child. Your support and encouragement with your child will assist with the structure of the class, and ultimately the success gained by all.

Thank you for helping your child have a great gymnastics class!

DROP IN \$12



Wednesdays & Fridays 11:30am Millennium
Thursdays 11:45am St James

WALKING to 10 YEARS OLD
Begins in Fall - September 12



PARENTS' NIGHT OUT
Fridays • 7-10pm • 5-10yrs

\$30
Bring PJ's
and a
snack!

APRIL 12
MAY 24

PRO-D DAY CAMPS
AT MILLENNIUM GYM
Kindergarten to Grade 5

HALF DAY 9am-12pm \$51	FULL DAY 9am-4pm \$93
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MONDAY APRIL 29
FRIDAY MAY 17



PHOENIX GYM RULES & SAFETY POLICY

To make sure that everyone at Phoenix has a safe and happy gymnastics class, please read and abide by our Gym Rules:

GYM RULES

1. Coach supervision is required at all times.
2. Keep hands, feet & objects to yourself.
3. Listen to your coach & follow directions.
4. One person speaks at a time.
5. Be respectful & always use good language.
6. Coach's permission is required to enter or leave the gym, go on equipment or try new skills.
7. Be prepared to participate! Long hair tied back, no jewellery, bare feet, visit the bathroom first.
8. Water bottles stay off the gym floor.
9. Avoid going under the trampoline

REFUND POLICIES

- The Gymnastics BC/Phoenix membership fee is non-refundable.
- Withdrawals before the session begins: 80% refund of the class fee.
- Withdrawals within the first two weeks of the session: 80% refund of the pro-rated balance.
- Withdrawals beyond the second week of the session: no refunds.
- In the case of injury or illness, with a doctor's note: 80% refund of the pro-rated balance.

REMINDERS

NO NUTS PLEASE Out of concern for children with life-threatening allergies to nuts and nut-products, we ask all members to refrain from bringing snacks containing nuts into the facility. We cannot guarantee a "nut-free" environment but we will continue to ask that all members help contribute to a safe environment for everyone.

MEZZANINE & LOBBY AREAS Please help us keep noise to a minimum in the lobby and mezzanine viewing areas. The Coach/Athlete Area in the mezzanine is off-limits, unless accompanied by your coach. For safety reasons, flash photography is not permitted at any time.

FOOD & DRINKS Food and drinks are not permitted in the gym area. All food, coffee cups, etc, must be left in the lobby before you come in to class.

GYM ACCESS at Millennium

Building Front Door (Millennium location)

The front doors of the building will be semi-locked:

Monday-Friday at 6:30pm; Saturday at 5:30pm; Sunday at 2:30pm

In order to come in, simply turn the toggle above the handle to the left and pull the door to open. For safety, please do not let someone you do not know in. Your coach will open the front door at the end of each class.

These measures are in place due to unfortunate incidents in the past and our unwavering commitment to the safety of our members.

