



# GYMFORMATION



## Recreational Program Newsletter - WINTER 2019

Winter has arrived at Phoenix and everyone is excited to jump start the New Year!

The Winter session is jam-packed with activities for everyone, offering gymnastics programs that are not only fun, but educational.

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 *Winter Program Synopsis* for your child's class.

On behalf of Vancouver Phoenix Gymnastics, we wish you a fun and wonderful Winter session of gymnastics!

**Leigh Dawson** | Gymnastics For All Program Manager  
[leigh@phoenixgymnastics.com](mailto:leigh@phoenixgymnastics.com) | 604-737-7693 ext. 114

### How to Reach Us

#### Millennium Office

Monday to Friday  
9:30am-6:30pm

Saturday  
9:30am-5:30pm

Sunday  
9:30am-2:30pm

**604-737-7693**

Emergency Gym Number  
604-879-7077



## IMPORTANT DATES Winter Session | January 7 -March 11, 2019

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<b>Ongoing</b>	Registration for Winter & Spring 2019 Classes
<b>January 7</b>	Start of Winter Session
<b>January 18</b>	Parents' Night Out
<b>January 25</b>	Pro-D Day Camps
<b>February 15</b>	Pro-D Day Camps
<b>February 18</b> (Monday)	No Classes at ALL LOCATIONS - BC Family Day
<b>February 22</b>	Parent's Night Out
<b>February 25-</b> <b>March 3</b>	Anti Bullying Day - Wear something pink to class
<b>March 11-17</b>	<i>Last Week of Winter Classes</i> - Pajama Party Wear your PJs and bring a teddy to your last class
<b>March 18-22</b> <b>March 25-29</b>	Spring Break Camps



# WINTER 2019 | SCHEDULE & SYNOPSIS

## Little People Program

- Wiggles & Giggles
- Rock 'n' Rollers
- Jumping Jellybeans
- Tiny Tumblers
- Leapin' Lemurs
- Kinder Kangaroos

## School-Aged Program

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

<b>Week 1</b> January 7-13	Winter Wonderland <i>Welcome back to Gymnastics!</i>	<b>Week 1</b> January 7-13	Welcome back to Gymnastics: <i>Let's Review the Basics!</i>
<b>Week 2</b> January 14- 20	Into the Arctic	<b>Week 2</b> January 14- 20	Safety & Control: <i>Landings &amp; Statics</i>
<b>Week 3</b> January 21 - 27	Snow Sports	<b>Week 3</b> January 21 - 27	Monkey-in' Around: <i>Swings</i>
<b>Week 4</b> Jan 28 - Feb 3	Storms	<b>Week 4</b> Jan 28 - Feb 3	Learning By Leaps & Bounds: <i>Springs</i>
<b>Week 5</b> February 4 - 10	Under the Big Top	<b>Week 5</b> February 4 - 10	Conditioning Circuit: <i>Cardio &amp; Strength</i>
<b>Week 6</b> February 11 - 17	I love Gymnastics Week	<b>Week 6</b> February 11 - 17	I love Gymnastics Week! <i>Review and Evaluation of Skills</i>
<b>Week 7</b> February 19 - 25 (No class Feb. 18 Family Day)	Backwards Day - <i>How Backwards can you be?</i>	<b>Week 7</b> February 19 - 25 (No class Feb. 18 Family Day)	Skill Review and Evaluation
<b>Week 8</b> Feb 25 - March 3	<i>Anti- Bullying Day</i> <i>Wear Something Pink</i>	<b>Week 8</b> Feb 25 - March 3	Skill Review and Evaluation <i>Wear Something Pink for Anti Bullying Day</i>
<b>Week 9</b> March 4 - 10	Our 5 Senses	<b>Week 9</b> March 4 - 10	Skill Review and Evaluation
<b>Week 10</b> March 11 - 17	Pajama Party! <i>Wear your PJs &amp; bring a teddy</i> <b>LAST WEEK OF CLASSES</b>	<b>Week 10</b> March 11 - 17	Pajama Party! <i>Wear your PJs &amp; bring a teddy</i> <b>LAST WEEK OF CLASSES</b>

## WHEN SHOULD I KEEP MY SICK CHILD HOME FROM GYMNASTICS?

To avoid the spread of illness to other children, families and staff at Phoenix and to help your child have a speedy recovery, please keep your child home from gymnastics if he/she:

- Displays symptoms such as excessive coughing, runny nose, fever, vomiting or diarrhea
- Has a suspected or known communicable disease (i.e. Pink eye, cold or flu, rash or other skin infection, chicken pox, gastrointestinal illnesses, head lice, etc.)

Thank you for helping to keep Phoenix a safe, healthy and happy place for everyone!



# HINTS FOR A HAPPY GYMNASTICS SESSION!

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**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 Maree, our Gymnastics For All Program Manager, at [maree@phoenixgymnastics.com](mailto:maree@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!



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

**\$30**  
Bring PJ's  
and a  
snack!

DECEMBER 14  
JANUARY 18  
FEBRUARY 22  
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
FRIDAY	JANUARY 25
FRIDAY	FEBRUARY 15
MONDAY	APRIL 29
FRIDAY	MAY 17

**DRIP IN \$12**

Walking to 10 years old

Mondays (NEW)	2:15pm	St James
Wednesdays & Fridays	11:30am	Millennium
Thursdays	11:45am	St James



# PHOENIX GYM RULES & SAFETY POLICY

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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**

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- 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**

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**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**

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### **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.

