



# GYMFORMATION



## Gym For All Program Newsletter - FALL 2019

It's back-to-school time and we are delighted to welcome you and your family to the Fall session of gymnastics here at Phoenix!

Please share any imperative information regarding your child with your child's coach. We believe strongly in open communication and working together in order to help make your child's gymnastics lesson the best it can possibly be all session long!

Be sure to take a look at the Important Dates and Fall Program Synopsis for your child's class to be up-to date on any closures or special events.

Have a wonderful start to the session!

**Leigh Dawson** | Gymnastics For All Program Lead  
*leigh@phoenixgymnastics.com* | 604-737-7693 ext. 114



## IMPORTANT DATES Fall Session | September 9 -December 22

### How to Reach Us:

**Millennium Office**  
**Front Desk Hours**  
**604-737-7693**

*Emergency Gym Number*  
604-879-7077

---

**Ongoing** Registration for Fall, Winter & Spring Classes

---

**September 9** Start of Fall Classes

---

**October 13 & 14** No Classes at ALL locations (Thanksgiving)  
*(Sunday & Monday)*

---

**Oct 11** *Parents' Night Out*

---

**Oct 25 - 31** HALLOWEEN WEEK  
*Wear a comfortable costume to your gymnastics class!*

---

**November 11** No Classes at ALL locations (Remembrance Day)  
*(Monday)*

---

**Nov 15** *Parents' Night Out*

---

**December 9 - 15** PHOTO WEEK—Parents / Caregivers welcome to class!

---

**Dec 13** *Parents' Night Out*

---

**December 16 - 22** Last week of Fall classes

---



# FALL 2019 | SCHEDULE & SYNOPSIS

## Little People Program

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

## School-Aged Program

- Jr. Achievement
- Boys Achievement / Sr. Girls Achievement
- Advanced Girls & Advanced Boys

<b>Week 1</b> September 9 - 15	Fall in Love with Gymnastics!
<b>Week 2</b> September 16 - 22	Dinosaurs
<b>Week 3</b> September 23 - 29	ABC 123
<b>Week 4</b> September 30 - October 6	Whirling Twirling Leaves
<b>Week 5</b> October 7 - 12	Let's Talk Turkey <i>NO CLASSES OCTOBER 13</i>
<b>Week 6</b> October 15 - 20	Balancing Scarecrows <i>NO CLASSES OCTOBER 14</i>
<b>Week 7</b> October 21 - 24	Pumpkin Patch
<b>Week 7/8</b> October 25 - 31	Halloween Party <i>Wear your costume to class</i>
<b>Week 8</b> November 1-3	Pumpkin Patch
<b>Week 9</b> November 4 - 10	Gymnastics Shapes
<b>Week 10</b> November 12 - 17	Space Adventure <i>NO CLASSES NOV 11</i>
<b>Week 11</b> November 18 - 24	Colour Crazy <i>Parachute Day</i>
<b>Week 12</b> Nov 25 - December 1	Locomotions
<b>Week 13</b> December 2 - 8	Hibernation Week
<b>Week 14</b> December 9 - 15	Winter Wonderland <i>PICTURE WEEK</i>
<b>Week 15</b> December 16 - 22	Dancing Reindeers <i>LAST WEEK OF CLASSES</i>

<b>Week 1</b> September 9 - 15	Fall in Love with Gymnastics!
<b>Week 2</b> September 16 - 22	Safety & Control: Landings & Statics!
<b>Week 3</b> September 23 - 29	ABC 123: Basic Shapes!
<b>Week 4</b> September 30 - October 6	Rock 'n' Rolling: Rotations!
<b>Week 5</b> October 7 - 12	Monkey-in' Around: Swings! <i>NO CLASSES OCTOBER 13</i>
<b>Week 6</b> October 15 - 20	Relay Fun: Locomotions! <i>NO CLASSES OCTOBER 14</i>
<b>Week 7</b> October 21 - 24	Conditioning Circuit: Cardio & Strength!
<b>Week 7/8</b> October 25 - 31	Halloween Howl <i>Wear your costume to class</i>
<b>Week 8</b> November 1-3	Conditioning Circuit: Cardio & Strength!
<b>Week 9</b> November 4 - 10	Learning By Leaps & Bounds: Springs! <i>NO CLASSES NOV 11</i>
<b>Week 10</b> November 12 - 17	Review of Skills (Testing)
<b>Week 11</b> November 18 - 24	Review of Skills (Testing)
<b>Week 12</b> November 25 - December 1	Review of Skills (Testing)
<b>Week 13</b> December 2 - 8	Review of Skills (Testing)
<b>Week 14</b> December 9 - 15	Review of Skills (Testing)
<b>Week 15</b> December 16 - 22	Parachute Games! <i>LAST WEEK OF CLASSES</i>



# 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 and 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 for up-to-date info. If you have any questions or concerns, please inquire at the front desk or contact Leigh, our Gymnastics For All Program Lead at [leigh@phoenixgymnastics.com](mailto: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. 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. 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 side 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 constant 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!

- Please do not talk on cell phones during class!
- Stay with your child at all times!
- Encourage your child to try and sit during circle time. It is distracting for other children and the coach if they are running around when the coach is explaining the circuit and skills.
- Encourage your child to follow the sequence and perform appropriate skills at each place in the circuit.
- **Siblings are not allowed on the floor or equipment.** Older siblings may sit on the side 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!

## PRO-D DAY CAMPS

Monday  
September 23

Monday  
January 20

Friday  
October 25

Friday  
February 14

Friday  
November 8

Friday  
May 15

Half Day \$51

Full Day \$93

## PARENTS' NIGHT OUT

FRIDAYS • 7-10PM • 5-10YRS

OCTOBER 11 • NOVEMBER 15 •  
DECEMBER 13 • JANUARY 17 • FEBRUARY 21 •  
APRIL 17 • MAY 22

FOAM PIT • GAMES • GYMNASTICS ACTIVITIES

\$30 PER CHILD \$15 SIBLING



# 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 appropriate 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**

---

- [2019-2020 Registration Policies](#); [2019-2020 Adult Class, Camps & Parents' Night Out](#)

## **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 AFTER 7:00PM at Millennium (Mon–Fri)**

---

### **Building Front Door (Millennium location)**

The front doors of the building will be semi-locked at 7:00pm Monday to Friday and after 3:45pm on the weekends.

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.

