

# Prince George Gymnastics Club

## Recreational Program

*Handbook for Parents and Athletes  
2005-06*



*Where Children Are Our Future!*

*4199 - 18<sup>th</sup> Avenue*

*564-7353*

## Table of Contents

<b>1.0</b>	<b>Overview</b>	
1.1	<i>Mission Statement</i>	1
1.2	<i>Forward</i>	1
1.3	<i>Bill of Rights for Young Children</i>	2
<b>2.0</b>	<b>Club Information</b>	
2.1	<i>Office information</i>	3
2.2	<i>Board of Directors</i>	3
2.3	<i>Coaches</i>	3
<b>3.0</b>	<b>Registration Information</b>	
3.1	<i>Recreational Sessions</i>	4
3.2	<i>Registration Dates</i>	4
3.3	<i>Registration Fees and Policies</i>	5
3.4	<i>Fundraising</i>	5
3.5	<i>Events and Important Dates</i>	6
<b>4.0</b>	<b>Program Descriptions and Information</b>	
4.1	<i>Parent and Tot</i>	7
4.2	<i>Kindernastics</i>	8
4.3	<i>Recreational Programs</i>	10
4.4	<i>Additional Recreational Programs</i>	11
<b>5.0</b>	<b>Complementary Programs</b>	
5.1	<i>School Tours</i>	12
5.2	<i>Pro-D Days</i>	12
5.3	<i>Birthday Parties</i>	12

**PARENT HANDBOOK  
PG GYMNASTICS RECREATIONAL PROGRAM**

**1.0 OVERVIEW**

**1.1 MISSION STATEMENT:**

The Prince George Gymnastics Club is a non-profit organization committed to providing quality gymnastics programs to children at the recreational level in a manner which allows them to develop in all aspects of life.

**1.2 FORWARD:**

The Prince George Gymnastics Club offers programs for all ages and skill levels. These programs range from Parent and Infant to Adult gymnastics, and include athletes from beginner to national levels. The gym, which is located on the PG Exhibition Grounds, is fully equipped with Olympic Standard Equipment and a large foam pit.

The Club is a non-profit organization which operates under the Societies Act of British Columbia. The Club was formed in 1988 through the merging of the Prince George School of Artistic Gymnastics and the Prince George Gympix Club, making us one of the largest clubs in BC.

The Prince George Gymnastics Club is organized by a Board of Directors which is elected every year at the Annual General Meeting. The Board of Directors is composed entirely of volunteers and includes a President, Vice President, Secretary, Treasurer, Registrar and Directors at large.



Dear Parents:

WELCOME!

Goals of the Prince George Gymnastics Club Recreational Program

- To expose all children in the community to the fun, exciting, and rewarding sport of gymnastics
- To provide a professional, creative, and progressive program for children of all abilities
- To help children acquire a broad range of physical skills and abilities while fostering a sense of achievement, leading to a positive self-image
- To provide an opportunity for children to develop and refine skills in a positive environment

The sport of gymnastics is often promoted to encourage fun and physically challenging recreation. Children of all ages learn body awareness, fine and gross motor skills, strength and flexibility. As these physical skills progress children are able to expand and develop their range of abilities. The Prince George Gymnastics Club will challenge and provide a positive and rewarding experience for all skill levels and ages.

We look forward to meeting and coaching with you and your families!!

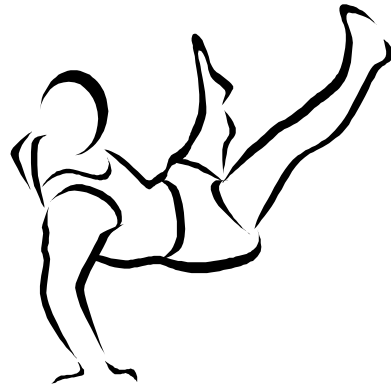
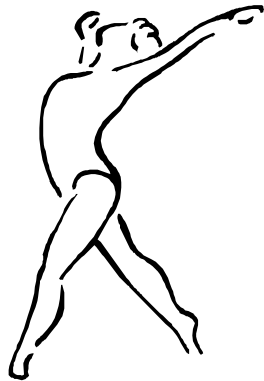
Thank you,

Carla  
Program Director  
Kindernastics Coordinator

Rita  
Recreational Coordinator

### **1.3 BILL OF RIGHTS FOR YOUNG CHILDREN:**

- ❖ RIGHT TO PARTICIPATE IN SPORTS
- ❖ RIGHT TO PARTICIPATE AT A LEVEL COMMENSURATE WITH EACH CHILD'S MATURITY AND ABILITY
- ❖ RIGHT TO HAVE QUALIFIED ADULT LEADERSHIP
- ❖ RIGHT TO PLAY AS A CHILD AND NOT AS AN ADULT
- ❖ RIGHT OF CHILDREN TO SHARE IN THE LEADERSHIP AND DECISION MAKING OF THEIR SPORT PARTICIPATION
- ❖ RIGHT TO PARTICIPATE IN SAFE AND HEALTHY ENVIRONMENTS
- ❖ RIGHT TO PROPER PREPARATION FOR PARTICIPATION IN SPORTS
- ❖ RIGHT TO AN EQUAL OPPORTUNITY TO STRIVE FOR SUCCESS
- ❖ RIGHT TO BE TREATED WITH DIGNITY
- ❖ RIGHT TO HAVE 'FUN' IN SPORTS



## **2.0 CLUB INFORMATION**

### **2.1 OFFICE INFORMATION:**

#### Office Hours:

Tuesday 9:30-6:00  
Wednesday 9:30-6:00  
Thursday 9:30-6:00  
Friday 8:30-5:00  
Saturday 9:00-4:00

Lunch break is taken from 1:00-2:00 daily.

Office Administrator – Rheyra. E

Payments can be made via cheque, cash, interact, visa, and mastercard.

## **2.2 BOARD OF DIRECTORS**

- President: - Responsible for the overall coordination of the Board, is a non-voting member, and oversees the overall operation of the gym
- Vice President: - Takes on tasks as delegated by the President and fulfills the functions of President when the President is absent
- Treasurer: - Oversees the book-keeping and financial affairs of the Club
- Secretary: - Responsible for meeting minutes and agendas, and tasks as delegated by the Board
- Registrar: - Coordinates and organizes all registration functions

In addition to the above positions, the Board is also composed of a Director of Public Relations, a PG Meet Coordinator, a Pro-Shop Director, a Phone Coordinator, and a Newsletter Coordinator. There are not necessarily always enough Board members to fulfill all of the positions.

## **2.3 COACHES**

Jodie H	Ashlee R
Jenn W	Barb O
Carol G	Leah K
Mark F	Rita H
Jenn F	Carla V
Cindy P	Holly H
Tom M	Veronica L (Dance)

## **3.0 REGISTRATION INFORMATION**

### **3.1 RECREATIONAL SESSION:**

#### Five & Under and Six & Older

*Session One: September 12<sup>th</sup>-17<sup>th</sup> to January 23<sup>rd</sup>-28<sup>th</sup>*

*Session Two: January 30<sup>th</sup>-February 4<sup>th</sup> to June 12<sup>th</sup>-17<sup>th</sup>*

### **3.2 REGISTRATION DATES:**

#### Second Session Registration Dates

Monday, January 9<sup>th</sup> – 10:00- 2:00  
Wednesday, January 11<sup>th</sup> – 4:00-7:00  
Saturday, January 14<sup>th</sup> – 10:00-2:00  
Tuesday, January 17<sup>th</sup> – 10:00-2:00  
Thursday, January 19<sup>th</sup> – 4:00-7:00

### **3.3 REGISTRATION FEES AND POLICIES**

Fees:

- \$26.00 registration and insurance fee payable once for Sept. 2005-August 2006
- Equipment fee of \$18.00 per family for both the 5 and Under and Six and Older

Policies:

- Registration is done on a first come first served basis online and in the office
- All classes must have a minimum of 4 children before they can run
- Refunds will only be given to members who are moving or if a child is injured or sick. If a member is moving, a written notice is required one month in advance. In the case of injury or sickness a doctor's note is required
- A fee of \$25.00 will be charged for NSF cheques
- We can not hold spots without payment or take registration over the phone
- Late Members will only receive two pro rated classes no matter when they register
- Family members will receive a 10% discount on the second and third family member
- Unfortunately the club can not offer make up classes for athletes who miss classes due to illness or otherwise
- Dance classes must be combined with a gymnastics class

### **3.4 FUNDRAISING:**

The Club will be distributing Christmas catalogues in September, Halloween Fun Fair October 29<sup>th</sup>, Pub Night November 19<sup>th</sup> at the College Heights Pub, as well as Christmas cards and calendars in October, and chocolates in April.

Some ongoing fundraisers are: bottle drives which will be held on October 16<sup>th</sup> and May 14<sup>th</sup>, garage sales, and the Christmas Bizarre – refer to the PG Gymnastics newsletter for information regarding these and other events. We also collect Canadian Tire Dollars which can be handed into Rheyna in the office. We thank all athletes and parents for all of their efforts – this additional support ensures that the Club continues to offer a variety of programs!!

### **3.5 EVENTS AND IMPORTANT DATES:**

Every year the Prince George Gymnastics Club holds certain events for the Recreational athletes to show family and friends what they have been working on. Participation is optional. Events to watch for are as follows:

Halloween Fun Fair	October 29 <sup>th</sup>
Pub Night @ College Heights Pub	November 19 <sup>th</sup>
Snow Ball Drop In	December 19 <sup>th</sup> , 21 <sup>st</sup> , and 23 <sup>rd</sup> from 9:00-11:00 December 22 <sup>nd</sup> and 23 <sup>rd</sup> from 6:00-8:00 December 28 <sup>th</sup> and 30 <sup>th</sup> from 10:00-12:00
Gymnastics Awareness Week	February
Spring Break Drop In	March 15 <sup>th</sup> , 17 <sup>th</sup> , 21 <sup>st</sup> , 23 <sup>rd</sup> from 10:00-12:00
Club Competition	May 12 <sup>th</sup> , 13 <sup>th</sup> and 14 <sup>th</sup>
Forest Expo	June 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup>

### **THE CLUB WILL BE CLOSED:**

Thanksgiving	October 10 <sup>th</sup>
Coaches Professional Development	October 22 <sup>nd</sup>
Remembrance Day	November 11 <sup>th</sup>
Winter Break	December 18 <sup>th</sup> - January 2 <sup>nd</sup>
Spring Break	March 12 <sup>th</sup> – 26 <sup>th</sup>
Good Friday	April 14 <sup>th</sup>
Club Competition	May 12 <sup>th</sup> – 15 <sup>th</sup>
Victoria Day	May 22 <sup>nd</sup>
Forest Expo	May 29 <sup>th</sup> , 30 <sup>th</sup> , 31 <sup>st</sup> and June 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , and 4 <sup>th</sup>

## **4.0 PROGRAM DESCRIPTIONS AND INFORMATION**

The Recreational Gymnastics Program has three sets of programs – Parent and Tot, Kindernastics, and Recreation – in addition to complementary programs for a variety of groups. These, and the age groups they are applicable to, are described below. See section 3.1 for the Sessions for each program.

### **4.1 PARENT AND TOT:**

#### **PHILOSOPHY:**

This program is intended to foster the development of each child in a safe and nurturing environment with the assistance of their parent(s). Our goal is to establish a firm basis of support and trust, develop basic physical skills: body control, co-ordination, endurance, strength, and flexibility, to establish affection through physical closeness (hugging and touching), also to make parenting responsibilities an imaginative and rewarding experience. We emphasis a positive and fun experience, that will help children in a manner that encourages a future commitment to active living.

#### **LEVELS:**

<u>Ages</u>	<u>Names:</u>	<u>Costs:</u>
6-12 months	GymFant	\$105.00
12-18 months	Tiny Wee	\$105.00
18-24 months	Twinkle Bob	\$105.00
24-36 months	Tweedle Bug	\$105.00

#### **THEMES:**

See Kindernastics

#### **SUGGESTIONS FOR PARENTS:**

Arrive with you child 5 minutes early to allow time for you and your child to get ready.  
Dress yourself and your child in comfortable clothing as you will both be moving around.  
Parent needs to be ready for full participation with your child for the entire class.  
Due to the large volume of participants we ask that only one parent to be on the floor  
Be aware of upcoming events and themes.  
Encourage your child to participate but respect the child's choice not to.  
Be patient. Be patient. Be patient. Did we mention be patient?  
Have reasonable expectations and reflect positive feelings about any accomplishments however large or small.  
When diapering, please put diaper in a plastic bags provided and sanitize counter.  
If you have any comments, questions, or concerns please contact Carla or Rita.

## 4.2 **KINDERNASTICS:**

### PHILOSOPHY:

This program is intended to foster the development of each child in a safe and nurturing environment. As we focusing on the four components of development; motor skills, cognitive, psycho-social and physical your children will develop basic gymnastics skills. We emphasis a positive and fun experience, that will help children in a manner that encourages a future commitment to active living.

### LEVELS:

AGES	NAMES	LEVELS:	Class Length	Cost
THREE	BOUCING BEARS	1. Panda 2. Koala 3. Grizzly	45 minutes	\$105.00
FOUR	SESAME STREET SPRINGERS	1. Elmo 2. Cookie Monster 3. Big Bird	1 Hour	\$140.00
FIVE	BALANCING BUGS	1. Daddy long Leg 2. Butterfly 3. Earthworm	1 Hour	\$140.00
FOUR & FIVE	ADVANCED	1. Whip Backs 2. Twisters 3. Flippers	1 ½ Hours	\$209.00

**THEMES:**

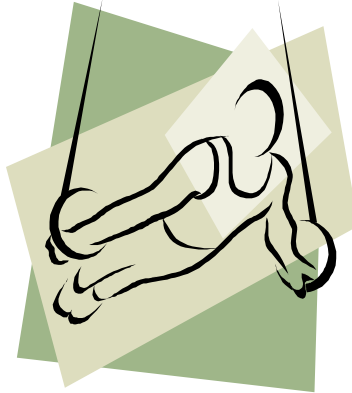
<b>WEEK #</b>	<b>SESSION ONE</b>	<b>SESSION TWO</b>
<i>ONE</i>	Meet New Friends	Meet New Friends
<i>TWO</i>	Up, down and all around	All about Me
<i>THREE</i>	Pizza Party	Nutrition and a Healthy Heart
<i>FOUR</i>	What are we Thankful for?	Numbers and Letters
<i>FIVE</i>	Green eggs and Ham	Yoga Moves
<i>SIX</i>	BUGS!	Jungle Gym
<i>SEVEN</i>	Fire Safety	Weather
<i>EIGHT</i>	Cookie Monster	Carnival
<i>NINE</i>	Disco Daze	Nursery Rhythms
<i>TEN</i>	Body Parts	Five Senses
<i>ELEVEN</i>	Zoo Animals	Rodeo Mania
<i>TWELVE</i>	Ice and Snow	Mexican Fiesta
<i>THIRTEEN</i>	Farm Animals	Moms and Me
<i>FOURTEEN</i>	Vacation Time	Castles and Dragons
<i>FIFTEEN</i>	Feelings	Bubbles
<i>SIXTEEN</i>	Parachute	Luau
<i>SEVENTEEN</i>	Beach Party	Sports Day
<i>EIGHTEEN</i>	Fun Day	Dad's Special Invitation

**RULES OF THE PROGRAM:**

- ❖ Use your listening ears and use your watching eyes
- ❖ Stay with your group and ask to leave the floor
- ❖ Keep your bodies safe and to yourselves

**SUGGESTIONS FOR PARENTS:**

Arrive with your child 5 minutes before class to allow your child to get ready.  
Please have your child wait on the bleachers until the class starts.  
Dress your child in comfortable clothes. Example: t-shirt, shorts, and bare feet.  
Be aware of our events and upcoming themes.  
Please refrain from socializing with your child during class time as this is distracting to the class.  
Encourage your child by clapping and cheering.  
Siblings are welcome to use our play area.  
If you have any questions, comments, or concerns please speak with Carla or Rita.



### 4.3 RECREATIONAL PROGRAMS:

#### PHILOSOPHY:

The goal of the 6 and Older Programs is to provide children of all ages the opportunity to experience gymnastics in a setting open to participants of all skill levels. The programs are intended to develop basic gymnastics skills for everyone in a safe, fun and controlled environment.

#### CAN GYM:

This program was developed through the Canadian Gymnastics Federation specifically for the use in Recreational Gymnastics Programs. The senior coaching staff of the PG Gymnastics Club has made some modifications to the program in order to reflect recent changes in gymnastics at the international and national levels. The Can Gym program offers three developmental levels. In each level, there are three badges to complete.

#### LEVELS:

Level One	Level Two	Level Three	Interclub*
Burgundy	Bronze	Turquoise	Any level
Red	Purple	Silver	
Tan	Blue	Orange	

**\*The purpose of our Interclub program is to expand the opportunities for an athlete at the recreational level. Gymnasts ages six and older of any ability have the chance to be part of a team, learn and master routines and have the chance to perform**

Levels:	Class Length:	Cost:
One	1 Hour	\$140.00
Two	1 ½ Hours	\$209.00
Three	2 Hours x 2 days/week	\$324.00
Interclub		

THEME DAYS:

Themes of the Five and Under Program will be incorporated into the Six and Older Program. See highlighted themes in Kindernastics section.

SUGGESTIONS FOR PARENTS:

- Have your child arrive 5 minutes before class to allow them to get ready.
- Have your child wait on the bleachers for their class.
- Respect our Club and keep it clean.
- With 500 + members in our Club our coaches cannot be responsible for the coming and going of every child. Parents need to ensure that their **child is dropped off inside the club and is picked up inside the club.**
- Dress appropriately. Shorts, t-shirt, or a bodysuit.
- Long hair must be tied back.
- Leave all jewelry at home as we are not responsible for any lost or stolen items.
- Bring a water bottle with our name on it as we do not have a water fountain.
- You are encouraged to watch your child’s class but please space your visits out so you can see progress being made.
- Be aware of upcoming events and themes.
- Siblings are welcome to use our play area.
- Parents are asked to stay off the floor.

**4.4 ADDITIONAL RECREATIONAL PROGRAMS**

DANCE:

Ages 3-8 years of ages will focus on movement and positions of a variety of types of dance.

<u>Class Length:</u>	<u>Cost:</u>	<u>Day:</u>	<u>Time:</u>
1 hour	\$140.00	See schedule	See schedule

TEENS:

This program is intended for teens 13 – 16 years of age. Come out and meet new friends while challenging yourself and learning new skills.

<u>Class Length:</u>	<u>Cost:</u>	<u>Day:</u>	<u>Time:</u>
1 1/2 hours per week	\$209.00	Wednesday	6:00-7:30 pm

ADULTS:

You can teach an old dog a new trick! This is a true workout. Come out and see for yourself.

<u>Class Length:</u>	<u>Cost:</u>	<u>Day:</u>	<u>Time:</u>
1 1/2 hours per week	\$209.00	Tuesday	8:00-9:30 pm

Don’t want to commit to a full 18 weeks..... Drop in for \$6.00 per visit. If you visit more than five times a \$26.00 registration fee will apply.

