



Prince George Gymnastics Club News

January 2017

Office Hours

Monday-Friday: 9:00-5:00

Closed for Lunch 1:00 – 2:00

Saturdays: 8:30-1:30

Closed Sundays and all Stat Holidays

4175 18th Avenue, Prince George, BC

Mailing Address: PO Box 2689, V2N 4T5

Office Direct: 250-564-7343

Coaches Direct: 250-564-7383

Facebook Page: <https://www.facebook.com/Prince-G-Gymnastic-1251828804847022/>

E-Mail: pggymnastics@telus.net

Website: www.pggymnastics.ca

Dates to Remember:

February 13th

No Classes

SPRING BREAK

March 13th-30th

No Classes

April 14th -16th EASTER

No Classes



April 17th

No Classes

May 13th – 14th

No Classes

May 22nd

No Classes

Prince George Gymnastics Board of Directors 2016-2017

President: Lucia

Vice-President: Wendy

Treasurer: Willetta

Secretary: Karla

Fundraiser Coordinator: Sherrie

Volunteer Coordinator: Rob

Coach/Parent Liaison: Dayna

Director at Large: Lisa

Director at Large: Colleen

Event Coordinator: Ingrid

Public Relations: Ingrid

WELCOME BACK to the GYM!!

The Prince George Gymnastics Club Board of Directors and Staff welcome all new and returning members to the 2016-2017 season.

Prince George Gymnastics is a non-profit organization with a volunteer Board of Directors who oversees the administration of the club. We rely on volunteers to help with various tasks around the gym so please do not hesitate to talk to a Board member or staff to find out how you can get involved.

GYMNASTICS FOR ALL (CANGYM)

I'd like to extend a warm welcome to all gymnasts, both new and returning. Please note the new term "GYMNASTICS FOR ALL". The GYMNASTICS FOR ALL (GFA) program uses Canada's National Gymnastics Skills Development Program, CANGYM.

The program focuses on fun, developing fitness and mastering fundamental progressions to skills. Level 1 covers Burgundy, Red; Level 2 covers Tan, Bronze; Level 3 covers Purple, Blue and Level 4 covers the remaining six badges.

Progress reports and badges are handed out at the end of the session. Please feel free to talk to your child's coach if you have any questions about our programs.

Rita Hacker, Program Coordinator

KINDERGYM & PARENT & TOT PROGRAMS

We hope you all enjoyed a fun-filled summer and we look forward to an exciting new season of gymnastics.

We will continue to name our programs with a number which corresponds to the age of the participants (Kindergym 3 = 3 year olds). December 31st, 2016 is the cut off for age requirements in all classes. This will ensure participants are with their peers and will make re-registration for the Spring session much easier.

Please note the term "ACTIVE START". This term is taken from the Long Athlete Term Development (LATD) document written by Gymnastics Canada in partnership with Sport Canada. The purpose of the document is to ensure Canadian children become physically literate in safe surroundings (information about this document is available from Pacific Sport or online at gymcan.org under Programs and Documents). You may access this document via the link on our website.

Jenn Watt, Active start Program Coordinator

Shauna Simmonds, Parent & Tot Program Coordinator

PRO-D DAY FRIDAY April 28th, 2017 REGISTER ONLINE- CLASSES AS USUAL

Join us for Pro-D Days. Session runs from 10:00 – 12:00 for children 5-12 years. Cost is \$10.00. *Not a Member?* GBC insurance is only required if you attend more than one session. Registration is online.



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Birthday Parties

Host your next Birthday Party as the Gym Club

Party times are Sundays:

12:15-2:15, 1:30-3:30, 2:45-4:45

To reserve a party ONLINE & view times visit us on the web at

www.pggymnastics.ca

& Sign into your account

Cost \$150.00

Do You Have A Concern About Your Child's Gym Class?

Contact Child's Coach

... If Not Resolved



Contact Program Coordinator

... If Not Resolved



Contact Head Coach

... If Not Resolved



Contact Coach/Parent Liaison

Evacuation Plan

The following plan was designed to ensure all participants are safe and accounted for during an emergency situation. Please follow these guidelines in the event of an emergency.

In the event of an emergency please remain calm and leave the building quickly by the nearest exit.

Coaches will lead all participants to our meeting place in the **Kin Atrium Entrance**. where they will take attendance to ensure everyone is safe.

When the situation is under control, children will be allowed to leave with their parents after checking out with their coach.

Please stay home if sick.

SPRING SESSION

The Spring session will run Jan 23rd to June 11th. We will be closed during spring break March 13th - 30th With no rec classes Easter Weekend as well as. We look forward to the new season!

GYM

We are very excited about all the changes we have made to our gym in the last couple years with new foam pit, bathrooms, flooring and painting. None of this would have been possible without your continued support and interest in our program. We ask for your help to keep it clean by removing your shoes on the mat and place them on racks. This will protect our new floors and is also done for safety reasons as wet floors can be a slipping hazard.

GYM GUIDELINES

To ensure your child receives the maximum benefit and enjoyment from their classes, PLEASE:

1. Arrive on time – circle time and warm up activities are an important beginning.
2. Stay with your child until the coach calls the class out to begin.
3. Stay during the class if your child might require assistance with bathroom visits or other needs.
4. Ensure your child is appropriately dressed – body suit or shorts/pants with elastic waist and t-shirt, bare feet, long hair tied back, watches and jewelry removed.
5. We have installed a water fountain for the children's use. If you do bring a water bottle please be sure it can be easily identified as your child's. They are kept on the shelf by the gate.
6. Be on time for pick up after class.
7. For safety reasons – encourage your child to leave the floor immediately after class and wait inside the building for their ride.
8. Speak with your child's coach or the appropriate coordinator: Preschool & Recreational – Rita, Jenn, Shauna; Head Coach – Jodie if you have any questions or concerns.