



Prince George Gymnastics Club News

October 2018

Office Hours

Monday-Friday: 9 - 5/ closed 1 - 2
Saturdays: 8:30 - 1:30
Closed Sundays, all Stat Holidays
and Long Weekends

Dates to Remember:

**October 6-8th-Thanksgiving
Long Weekend**

No Rec classes Sat/Sun/Mon

October 31st-Halloween

No Classes after 4pm.

November 11-12th

No Classes - Remembrance Day

Nov- 26th - Dec 2nd

Customer Appreciation Week!

Nov- 21st 7:00 pm

AGM Annual General Meeting

Sept. 17th-Dec 21st

Fall Rec Session

for Parent & Tot, Kindergym and
Recreation gymnasts

Jan. 12th & 13th Judges Cup

Spring Registration

Jan 7th-11th Save your spot. If

class is available you can
continue in the same class and
time you are currently in. ONLINE
REGISTRATION ONLY

Jan 14th - Spring Registration

OPEN for everyone.

Spring Classes -Jan 28th-June 16th

**Prince George Gymnastics
Board of Directors
2018-2019**

President: Lucia

Vice-President: Wendy

Treasurer: Willetta

Secretary: Karla

Fundraiser Coordinator: Sherrie

Volunteer Coordinator: Rob

Coach/Parent Liaison: Dayna

Director at Large: Colleen

Event Coordinator: Ingrid

Public Relations: Ingrid

Mailing Address: Unit 120 - 4175 18th Ave V2N 0G7

Office Phone: 250-564-7343 **Coaches Phone:** 250-564-7383

E-Mail: pggymnastics@telus.net **Website:** www.pggymnastics.ca

Facebook Page: www.facebook.com/pggymnastics

Instagram: @pggymnastics1

WELCOME BACK to the GYM!!

The Prince George Gymnastics Club Board of Directors and Staff welcome all new and returning members to the 2018-2019 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.

We appreciate your dedication and continued registration into our programs. To show how much that means to us, we welcome you to **Customer appreciation** week **Nov 26-Dec 2**. Coffee, Cookies and treats for the kids will be shared ☺

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 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 Term Athlete Development (LTAD) 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

Jaymie Hinks, Parent & Tot Program Coordinator



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Birthday Parties

Host your next Birthday Party
at the Gym Club

Party times may vary-
To reserve a party ONLINE & view
times visit us on the web at
www.pggymnastics.ca
& Sign into your account
Cost \$150.00

INTERESTED IN JUDGING?

We will be hosting a judging
course on Saturday October 13th.
Must be a minimum of 15 years of
age. Email pggymnastics@telus.net
for more detailed information.

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.

PRO-D DAY REGISTRATION ONLINE - CLASSES AS USUAL

Join us for Pro-D Days: September 28th, October 19th, and November 30th. 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.

FUNDRAISING

This year the **Dieleman's** Fall Fundraiser is "Celebrate the season". All orders must
be returned to the office no later than Friday, October 19th. Orders should be
available for pick up the week of November 5th.

The **Purdy's** fundraising books should be out soon. The deadline for all Purdy's
orders to be in the office is November 19th. Purdy's orders should be ready for pick-
up around December 3rd.

AGM

**Our Annual General Meeting date will be November 21st at 7:00 PM. Everyone
is welcome! Please look on our bulletin board in November for postings and
more information.**

High School Gymnastics

Registration is September 30th from 6pm=8pm at the club. For more information please
contact carol_coach@hotmail.com or maiziedm@gmail.com

GYM

We had new exterior doors installed last year and are excited for some upcoming
changes this year to the club. 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 and Jenn; Head Coach – Jodie if you have **any** questions or
concerns.
9. If your Child is sick, please keep them home as we do not want to spread illness.

