



# Prince George Gymnastics Club News

October 2017

## Office Hours

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

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Mailing Address: Unit 120 - 4175 18<sup>th</sup> Ave V2N 0G7

Office Direct: 250-564-7343

Coaches Direct: 250-564-7383

Website: [www.pggymnastics.ca](http://www.pggymnastics.ca)

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

## Dates to Remember:



October 7-9<sup>th</sup>-Thanksgiving  
Long Weekend

No Rec classes Sat/Sun/Mon

October 31<sup>st</sup>-Halloween

Regular classes Running.



November 13

- No Classes

Nov- 20<sup>th</sup> - 26<sup>th</sup>



Customer Appreciation Week!

Nov- 29<sup>th</sup>

AGM Annual General Meeting

Sept. 11 - Dec. 17

Fall Rec Season

for Parent & Tot, Kindergym and  
Recreation gymnasts

Jan. 13<sup>th</sup> & 14<sup>th</sup> Judges Cup & BC

Winter Games Trails

Spring Registration

Jan 2<sup>rd</sup>-5<sup>th</sup> Save your spot.

Continue in the same class/time  
you are currently in. ONLINE ONLY

Jan 8<sup>th</sup> - Spring Registration OPEN  
for everyone.

Spring Classes -Jan 22<sup>nd</sup>-  
June 10<sup>th</sup>

## Prince George Gymnastics Board of Directors 2017-2018

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 2017-2018 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 20<sup>th</sup>-26<sup>th</sup>**. Coffee, Donuts, 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 31<sup>st</sup> 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](http://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



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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](http://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.

## PRO-D DAY REGISTRATION ONLINE - CLASSES AS USUAL

Join us for Pro-D Days: September 29<sup>th</sup>, October 20<sup>th</sup>, and November 24<sup>th</sup>. 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 20<sup>th</sup>. Orders should be available for pick up the week of November 27<sup>th</sup>.

The **Purdy's** fundraising books should be out soon. The deadline for all Purdy's orders to be in the office is November 17<sup>th</sup>. Purdy's orders should be ready for pick-up around December 1<sup>st</sup>.

## AGM

Our Annual General Meeting date will be November 29<sup>th</sup> at 7:00 PM. Everyone is welcome! Please look on our bulletin board in November for postings and more information.

## High School Gymnastics

Practices start Sunday, October 15 at 6:00-8:30. For more information contact [mbernard@sd57.bc.ca](mailto:mbernard@sd57.bc.ca)

## GYM

We are very excited about some upcoming changes, including new exteriors doors! 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.
9. If your Child is sick, please keep them home as we do not want to spread illness.

