



Office: 403-254-9010 Emergency Gym Line: 403-225-8305

inquire@gymtastics.ca

Welcome to the Recreational 2022 – 2023 Session!!

Hello and Welcome to our new session! My name is Jessica Newell, known as Jungle Jessica in the gym! I am the Recreational Coordinator at Gymtastics. If you have any questions or concerns, please contact me at recreation@gymtastics.ca.

The following is important information you will need for the session! Thank you and we will see you soon!

Gymnasts will enter through the front door, place their shoes and coats in a cubby. Please note there are no shoes allowed in our facility including upstairs. Coaches will help the gymnast find their name tags. Please note that the colour on the name tag, does not indicate their badge colour. Gymnasts wear coloured nametags to help identify their coach. Gymnasts will then be directed to the floor where they will sit and wait for class to start!

Class will start with a 20-minute group warm up activity. They will be split into their groups organized by class and badge level. The coach will teach gymnastics on 3 20-minute rotations which change per week. A 10-minute group cool down activity will end the class. Gymnasts will be dismissed, and coaches will help to ensure all gymnasts find their big-person! The end of class is a wonderful time to chat with the coaches and ask any questions. Gymnasts are not allowed on the equipment either before the class starts, or after the class finishes. **Siblings and Parents are NOT ALLOWED on the floor.**

For the first few weeks of classes coaches will be assessing their classes to ensure everyone is registered in the correct badge. If there is any concern the coach will discuss it with the recreational coordinator and the parents to confirm the gymnast is registered in the correct class. Gymnasts will be monitored on an ongoing basis and when a gymnast mastered all the required skills in their level, they will receive a progress report during their class time.

If they are within the badge levels offered in the class they are currently enrolled, they will remain in that class time and moved to a new badge level.

If the gymnast has passed into a higher badge level class, the coordinator of the program will contact the parents and discuss various class options. If an open spot in the desired day and time is not available, the gymnast will be placed on a waitlist and will be given waitlist priority for the next available spot. If that is the case the gymnast may continue in their current class and begin working on the next badge level.

Proper gymnastics clothing is required: bodysuits, leotards, form fitting T-Shirts and shorts. No outdoor shoes allowed. Bare feet are best. Remove long jewelry. Long hair must be tied up or back.

Gymtastics is NOT responsible for lost or stolen items.

Gymtastics does not offer make-up classes or refunds for missed classes.

CLASSES RESUME

MONDAY – SUNDAY JANUARY 2ND – 8TH

NO CLASSES

SATURDAY, SUNDAY, AND MONDAY, FEBRUARY 18TH, 19TH, 20TH –
FAMILY DAY LONG WEEKEND

FRIDAY, SATURDAY, AND SUNDAY, APRIL 7TH, 8TH, 9TH – EASTER
WEEKEND

SATURDAY, SUNDAY, AND MONDAY, MAY 20TH, 21ST, 22ND, –
VICTORIA DAY LONG WEEKEND

LAST DAY OF CLASSES

SUNDAY – SATURDAY JUNE 18TH – 24TH

SUMMER CAMPS!!!!

REGISTRATION STARTS IN MARCH FOR JULY AND AUGUST
SUMMER CAMPS! HALF DAYS OR FULL DAYS OF FUN ACTIVITIES
AND GYMNASTICS!

BIRTHDAY PARTIES NOW ON SATURDAYS & SUNDAYS!! BOOK
ONLINE TODAY!

FAMILY DROP-IN IS NOW AVAILABLE!!
REGISTER ONLINE ONLY! BEFORE FRIDAY AT NOON.
FRIDAYS FROM 2:00 – 3:30 P.M.

**GYMTASTICS BODY SUIT AND SHORTS NOW
AVAILABLE!!**

Toddler to
teens sizes

Available for pickup
January 2023



Scan To Order
Bodysuit



Scan To Order

January 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEARS DAY GYM CLOSED	2 Safety Review	3 Safety Review	4 Safety Review	5 Safety Review	6 Safety Review	7 Safety Review
8 Safety Review	9 Skill Review	10 Skill Review	11 Skill Review	12 Skill Review	13 Skill Review	14 Skill Review
15 Skill Review	16 Balances	17 Balances	18 Balances	19 Balances	20 Balances	21 Balances
22 Balances	23 Acrobatics	24 Acrobatics	25 Acrobatics	26 Acrobatics	27 Acrobatics	28 Acrobatics
29 Acrobatics	30 Winter Games	31 Winter Games				
February 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Winter Games	2 Winter Games	3 Winter Games	4 Winter Games
5 Winter Games	6 Valentine's Day	7 Valentine's Day	8 Valentine's Day	9 Valentine's Day	10 Valentine's Day	11 Valentine's Day
12 Valentine's Day	13 Locomotions	14 Locomotions	15 Locomotions	16 Locomotions	17 Locomotions	18 CLOSED FOR FAMILY DAY LONG WEEKEND
19 CLOSED FOR FAMILY DAY LONG WEEKEND	20 CLOSED FOR FAMILY DAY LONG WEEKEND	21 Pajama Day	22 Pajama Day	23 Pajama Day	24 Pajama Day	25 Pajama Day
26 Pajama Day	27 Pajama Day	28 Strength				
March 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Strength	2 Strength	3 Strength	4 Strength
5 Strength	6 Strength	7 Skill Review	8 Skill Review	9 Skill Review	10 Skill Review	11 Skill Review
12 Skill Review	13 Skill Review	14 St. Patrick's Day	15 St. Patrick's Day	16 St. Patrick's Day	17 St. Patrick's Day	18 St. Patrick's Day
19 St. Patrick's Day	20 St. Patrick's Day	21 Landings	22 Landings	23 Landings	24 Landings	25 Landings
26 Landings	27 Landings	28 Twists and Tricks	29 Twists and Tricks	30 Twists and Tricks	31 Twists and Tricks	

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